



# MAKE A GOOD CHOICE: GET MOVING ALABAMA!

## GET GOING

Getting started with physical activity can be challenging but is possible. If you're not used to being active, talk with your doctor first.

- Find where physical activity fits into your daily routine and make time for it.
- Take small steps towards increasing activity.
- Start slowly. Change one habit at a time.
- Get up and move every hour.
- **Physical activity is for everybody!**

## GET ENOUGH

Any amount of physical activity is a good start! As your activity increases, remember:

- Aerobic activity increases your heart rate and gets you breathing harder like brisk walking or rolling, dancing, and swimming.
- Adults need 30 minutes of aerobic activity every day. 10 minutes at a time is fine.
- Work all major muscle groups at least 2 times a week. This includes using a stretch band, weight lifting, push ups, and yoga.
- **Household chores, gardening, walking your pet, and taking the stairs all count as physical activity too.**

## GET TOGETHER

Increasing physical activity is easier and more enjoyable when you're not alone.

- Find a partner! Whether it's a friend, co-worker, family member, or someone with similar goals.
- Work with your partner to motivate and cheer each other on.
- **Find an activity that you want to do, not have to do. Choose an activity that's fun!**

## GET RESULTS

Physical activity improves your health by increasing energy, relieving stress, controlling your weight, building strength, and reducing your risk of heart disease, cancer, and other chronic conditions.

- Track your progress. Log what works best for you using tools like a journal, pedometer, calendar, or phone app.
- Expect slip ups or setbacks and don't give up!
- **Celebrate successes, no matter how small!**



## WHAT ARE YOU WAITING FOR?



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