


<h2 style="text-align: center;">Simple Steps to Getting Active</h2>	
<p>1. Get motivated. Make a list of the reasons why you want to be active and fit. Need more inspiration and information? Visit some of the physical activity websites on page 18.</p>	
<p>2. Rev up your routine. Make a list of ways you can make the things you already do more active. See “Revving Up Your Daily Routine” on pages 10-11.</p>	
<p>3. Make a plan. People are more likely to succeed in becoming active if they first make a plan of how to make it happen.</p>	
<p>4. Make it fun. Browse through this “Get Active” Guide. Highlight activities you and your family would enjoy.</p>	
<p>5. Make it convenient. Choose a time, a day and a place that you or your family could do an enjoyable physical activity. Choose times and places that are easy to fit into your life.</p>	
<p>6. Make it realistic. Adults need to be active for at least 30 minutes a day. But this may be too much for people who are just starting out. If you don’t feel you can be active for 30 minutes a day, plan a 10-minute activity three times a day.</p>	

<p>7. Children need at least 60 minutes of active play every day. Physical activity should be fun, not exhausting. Help your children find activities they enjoy.</p>	
<p>8. Put it in writing. Put your personal or family activity goals in writing. Post it on your refrigerator or anywhere else you can see them daily.</p>	
<p>9. See your doctor. Make an appointment for a physical check-up. Get your physician to support your physical activity plan.</p>	
<p>10. Get Support. Talk to friends and family about your plan to get more active. Ask them for encouragement. Find a “Get Active” buddy who will do activities with you.</p>	
<p>11. Eat right. It’s hard to be active when your body doesn’t have the right fuel. See pages 14-17 for ways to get sound information on eating right.</p>	
<p>12. Track your progress. Keeping a log or diary of your activities can be motivating! See page 18 for websites where you can track your progress online.</p>	
<p>13. Reward yourself! Remind yourself every week of the benefits of physical activity. Plan to give yourself or your family members rewards for meeting specific activity goals.</p>	