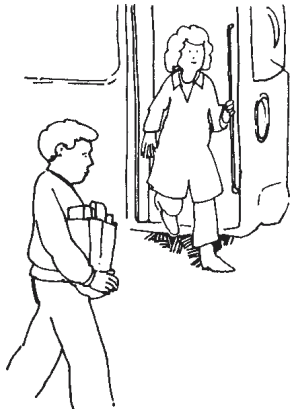




To become more active,
take advantage of any
chance to get moving...

- take a walk
around the block,
- rake leaves,
- play actively
with your kids,



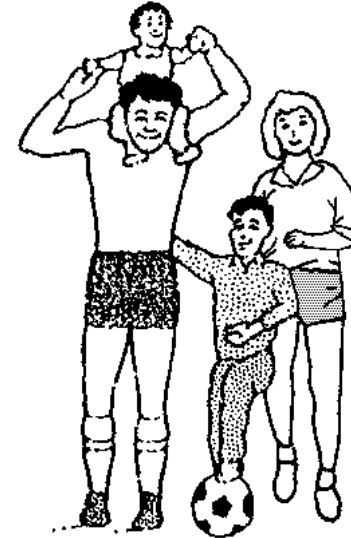
- take an activity break —
get up and stretch or
walk around,
- park your car farther away or
get off the bus earlier and
walk the rest of the way.

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Let's Get Moving!



Physical activities can be fun, and
can help you feel better by:

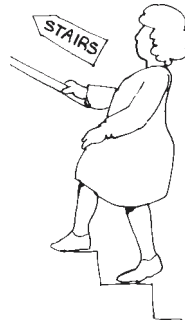
- burning more calories,
- maintaining or improving your weight,
- helping you relax

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Include physical activity in your daily life:

- Check with your doctor before starting a new physical activity.
- Walking is a great physical activity. Choose a safe, comfortable place to walk — like a shopping mall. Wear comfortable shoes. Have more fun and increase safety by walking with friends or family. Try to walk for 30 minutes a day, either at one time or several short walks that add up to 30 minutes. Do this several times a week.
- Sit up straight and stand tall. Good posture makes you feel and look better. Take standing and stretching breaks frequently if you have to spend a lot of time sitting.
- Keep active around the house — sweep the floors, wash the windows, mow the grass.
- Climb the stairs to a healthier life. Climbing stairs instead of using the elevator will burn more calories and build strength.
- Encourage your children and other family members to limit television watching, and instead, play actively. Set a good example for your children by being active yourself.



Plan to increase your physical activities

Write down ideas for increasing your activity level and check-off when you do them. Activities may include some things you already do — such as housework or mowing the lawn. They can be done in short spurts, 10 minutes here, 5 minutes there. Try to add up 30 minutes over the course of a day.

Keeping a record of your activities can help you stick with your plan.

Some things I could do to be more active: ✓

1.	
2.	
3.	
4.	

Remember:

- More physical activity is better than less, and any is better than none.
- Enjoy yourself!