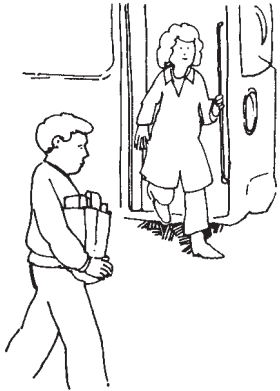




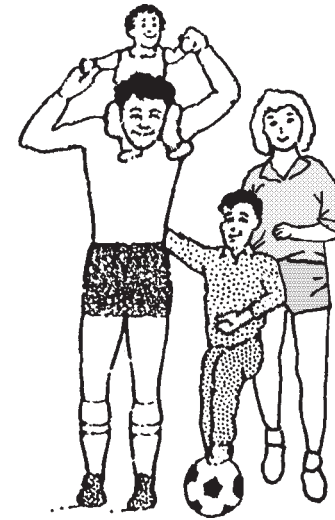
**To become more active,
take advantage of any
chance to get moving...**

- 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.

Let's Get Moving!

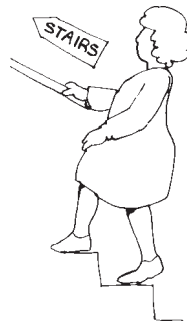


Physical activities can be fun, and can help you feel better by:

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

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!