



# Tips To Encourage People To Start Exercising

## I. Preparing for Physical Activity:

- ❖ Choose something you've enjoyed in the past or have wanted to do.
- ❖ Know yourself - can you stick with a plan of home activity, or are you better in a group or public setting?
- ❖ Make a plan and follow it, but be flexible and keep your long-term goals in mind.
- ❖ Plan how you'll reward yourself for your efforts (preferably not food).
- ❖ Keep track of your progress—it doesn't matter how, just so it is meaningful to you.

## II. General:

- ❖ Start out slowly; adjust your activity so you feel challenged but not exhausted.
- ❖ The U.S. Surgeon General's recommendation for health is 30 to 60 minutes of moderate activity most days of the week. You don't have to do it all at once; if you don't have time or are just beginning, do shorter sessions and build up. Some activity is always better than none.

## III. Easy ways To Add More Activity:

### At Home

- ❖ Go out for a short walk whenever you have a few minutes—they all add up.
- ❖ Walk or bike to errands.
- ❖ When walking, pick up the pace from leisurely to brisk.
- ❖ Pedal a stationary bicycle, stretch or do short bouts of activity while watching TV.
- ❖ Walk the dog or play actively with the kids.
- ❖ Park farther away at the shopping mall and walk the extra distance.
- ❖ Walk extra laps around the mall or grocery store; check out mall walking programs.
- ❖ Housework and gardening count towards your daily activity!

### At the Office

- ❖ Take the stairs instead of the elevator.
- ❖ Stand or pace while talking on the telephone.
- ❖ Walk down the hall to speak with someone rather than using the telephone.
- ❖ Schedule exercise time on your business calendar and treat it as any other appointment.
- ❖ Walk around your building, parking lot or stairwell during the workday or during lunch.

### Physical Activities To Do at Home with Little or No Special Equipment

#### Aerobic activity - for the heart and vascular systems:

- ❖ Walk. Find a buddy, use a school track or shopping mall, or try stairs or hills.
- ❖ Do chores or gardening briskly.
- ❖ Put on some music and dance.
- ❖ Purchase a fitness ball and do some bouncing (it really is a lot of fun!)

#### Strengthening Activity - for the muscles and bones:

- ❖ Use the wall or counter for push ups.
- ❖ Get in and out of a chair using only your legs.
- ❖ Holding onto a support, try calf raises on a step.
- ❖ Lift a jug or can.
- ❖ Try a resistance band or tube-check out exercises in a library book or video.

#### Stretching - for circulation and relaxation:

- ❖ Take a few moments, scoot to the end of the couch: reach arms toward the sky, point your toes and pull them back.
- ❖ While standing, grab opposite shoulders and give yourself a hug.
- ❖ Before getting out of bed in the morning, stretch from fingers to toes, bring both knees to your chest, and then just one knee at a time. Don't forget to breathe!
- ❖ Stretching is a great way to ease stress and be more aware of how your body feels.

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