

HOW CAN YOU BE MORE PHYSICALLY ACTIVE?

If you're ready to add more physical activity to your life, here are some tips to get you started:

- Make physical activity part of your routine, like brushing your teeth or going to work. Try biking to work at least once a week, using the stairs more often, or walking to do errands near home. But talk to your doctor before you start an exercise routine, especially if you haven't been very active or have health problems.
- Walking is one of the best fitness activities. To keep up a routine, you can walk with family members, friends, coworkers, or pets. Keep track of your steps with a step counter or pedometer, which you can buy at a sporting goods store. This can help motivate you to walk more.
- Schedule activity for times that you're likely to stick with it. For example, walk in the morning if you tend to talk yourself out of it later in the day. If you don't have time for one 30-minute walk, break it up into three 10-minute walks.
- Find a partner to do your activities with. This can make exercising more enjoyable.
- If you want a more structured exercise routine, consider joining a health club or a community center that offers fitness activities.
- Find an activity that you enjoy, and stay with it. Vary it with other activities so you don't get bored. For example, walk 3 days a week, and switch to swimming or biking on the other days. Join a softball, volleyball, or basketball league for fun and exercise. By finding more activities you enjoy, you'll have a greater chance for success.
- Setting small, realistic goals can help you improve your fitness. Write down your goals and activities. Give yourself a healthy reward, like getting a massage, each time you reach a goal.