



## Physical Activity Tips



Are you doing regular physical activity for the first time? These tips from the pros can make your workouts easier, safer, more helpful, and more fun!

- Listen to your body. If you have trouble breathing or feel faint or prolonged weakness during or after exercise, consult your physician.
- Drink plenty of water before, during, and after exercise (especially in hot weather).
- Warm up for about five minutes at the start of each workout. Do a slower, gentler form of the activity you plan to do.
- After exercising, cool down by walking or doing slow stretches for 5 to 10 minutes.
- Buy comfortable, shoes that fit well. Sore feet and strained muscles can discourage you if you are just starting out.
- Do activities that are safe, rewarding, and most of all – fun! You can't expect to stay physically active unless you enjoy what you are doing.
- Look at all your exercise options. The more interesting your activity program is, the easier it will be to stick to it.
- Work out with a friend, family member, or coworker. It's more fun to exercise together. You can help each other stay motivated.
- Add to your everyday activities. Take the stairs in your office or at home. Put more effort into scrubbing the floor or washing the car. Park your car farther away from the shopping center or office. When you're talking on the phone, walk around or move your legs and arms. Remember, everything you do counts.
- Do the talk test to see if you're exercising at the right pace. If you are breathing so hard that you can't talk, your activity is too intense.
- Exercise early in the morning or in the evening. It's usually cooler and less humid then.
- Wear light, loose-fitting clothes so you can sweat freely. They also help you cool down.
- Make an appointment to exercise. Write it down in your daily calendar and stick to your plans. Exercising first thing in the morning works well on hectic days.
- Change your activity. Walk one day, bike the next, take an aerobic class, or go for a swim.
- Change your walking route. Map out three or four walking paths and switch between them.
- Make exercise valued time. You deserve the time to improve your health and boost your energy.