



Tips for Exercising

Seek Medical Advice

Check with your doctor before beginning a new fitness program.

Start Slowly

Make changes to your new exercise routine slowly to give your body time to adjust and reduce your chance for injury.

Schedule Exercise

Make exercise an important part of your day by scheduling it on your calendar and treating it like you would any other appointment.

Have a Backup Plan

Decide in advance how you will handle situations that could result in excuses for not exercising. If it is raining, walk around an indoor mall, go to a gym or use an exercise app at home.

Stay Hydrated

Drink plenty of water before, during and after exercise to prevent cramping or a heat-related illness.

Do a Mini Workout

The Surgeon General recommends 30 minutes of moderate activity most days of the week. Breaking it up into three 10-minute sessions can make it easier to fit into your day.

Warm Up

Raise your body temperature gradually by walking, marching in place or jogging slowly. Warming up increases flexibility and decreases the risk of injury.

Stretch

Improve your flexibility and range of motion by stretching daily, even when you are not exercising. Stretching can also help you relax.

Monitor Your Heart Rate

Check your pulse or wear a heart rate monitor when you exercise. Adjust your intensity level to stay within your target heart rate zone.

Cool Down

Slowly reduce your intensity level until your heart rate and breathing are at a normal, comfortable level. End your workouts with some stretching to release muscle tension and prevent soreness.

Exercise Together

Exercise with a friend or family member to help you stay committed. Include your children to help them develop habits that can lead to a lifetime of healthy living.

Include Variety

To keep exercise fun and reduce boredom, try new activities like dance, karate, Pilates, or yoga.



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