



Let's Get Moving

Being physically active is the first step to living a healthy life. Here are ten tips you might want to start thinking about as you begin your journey to a becoming healthier you.

1. Begin by being ready for activity wherever you are.
2. Get some comfortable clothing you can move around in. Try to keep some tennis shoes, and have them with you at all times.
3. Slowly increase the duration and intensity of your exercise as you become fit. Over time, work up to 30 to 60 minutes of physical activity, at least five days a week. If you can't dedicate a full 30 minutes to exercise, break your physical activity into three 10-minute intervals to meet your goal.
4. Exercise at the same time of day so it becomes a regular part of your lifestyle. For example, you might walk every Monday, Wednesday, Friday and Saturday from noon to 12:30 p.m.
5. Add variety. Try not to rely too much on one activity. Find several that you enjoy. That way, exercise will never seem boring or routine.
6. Try wearing a pedometer, which measures the distance you travel on foot. Set a long-term goal of 10,000 steps a day, or about five miles. Monitor your average number of steps each day and then add several hundred more steps a day each week until you reach your goal.
7. Make physical activity part of your daily commute. Park further from work or get off the train one stop earlier and walk the rest of the way.
8. Don't overdo it. Perform low to moderate-level physical activities that get your heart rate up, especially at first. These "aerobic" activities (e.g., brisk walking, jumping rope, stair climbing, jogging or dancing) build endurance and burn calories.
9. You get moderate intensity physical activity when you clean your house. Do indoor chores that let you move your arms and legs such as window washing, tub scrubbing, or reorganizing your closet. This can be a great way to kill two birds with stones.
10. Find a buddy to workout with. Exercise can be fun if you have someone to share your thoughts with while you workout. You can build great community and work together to reach a common goal.