



Being More Active

Put physical activity high on your “to-do” list.

- Three 10-minute blocks of moderate activity during the day can do you as much good as 30 minutes of activity all at once.
- People who spend at least 30 minutes a day being active enough to breathe a little harder are less likely to have:
 - Heart attacks
 - Weight problems
 - Cancer
 - High blood pressure
 - Diabetes
 - Brittle bones (osteoporosis)
- Tell your family and friends that being active is important to you—ask them to help you make time.

Being active is the answer.

- For people with most health conditions, being physically active usually does the body more good than harm.
- Wear comfortable shoes and drink plenty of water when you are physically active.

You don't have to spend lots of money to be active.

- Walk in a shopping mall, around your neighborhood, or at the local high school track.
- Walk when you can instead of driving and save the money you would spend on gas.
- If you spend any money on physical activity, spend it on a comfortable pair of walking shoes that fit you well.
- Talk to a foot doctor about finding the right shoes if you have problems with your feet.

Don't get "sore" about a few aches and pains.

- The first few times you move in a new way you may feel a little sore, but after that you will feel better and better.
- You're less likely to get sore if you start slowly and warm up.
- Try swimming or water exercises.
- If you are overweight, losing a few pounds can help with aches and pains.

Find tricks to help you stick with it.

- Pick activities you really enjoy!
- Get your friends and family to join you.
- Set simple goals and work up slowly. Reward yourself when you stick to your goals.
- Try something new.
- Find a walking buddy—you will not want to let your buddy down if you know she is counting on you.
- Instead of trying to add extra activities to a busy schedule, make work time (at home or on the job) work for you:
 - look for chances to move a little more or a little faster.
 - at break or lunchtime, go for a quick walk.

Don't let bad weather slow you down.

- There are many ways to be active at home:
 - if you have stairs—make a few extra trips.
 - if you don't have much room, you can run or march in place.
- Grab an umbrella and a friend and go for a walk in the rain or walk at the mall.
- After a brisk walk in cold weather, treat yourself to a nice, hot cup of coffee or tea.
- If the weather is cold, dress warmly—wear layers and a hat and gloves.
- If it's hot, swim, take a brisk walk in an air-conditioned building, or walk first thing in the morning or in the evening in a well-lit area.
- If you are active outside in the heat, drink plenty of water.