



What You Need to Know:

Getting Started with Physical Activity



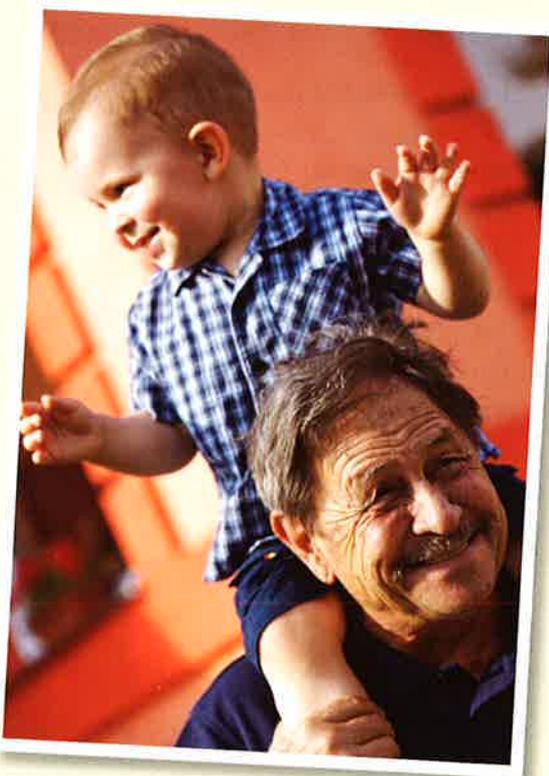
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There are many reasons to get started with physical activity. Here's what physical activity can do for you:

- Lower your blood glucose (sugar), blood pressure, and cholesterol.
- Lower your risk for diabetes, heart disease, and stroke.
- Relieve stress.
- Strengthen your heart, muscles, and bones.
- Improve your blood flow and muscle tone.
- Keep your body and joints flexible.

Even if you've never exercised before, you can find ways to add physical activity to your day. You don't have to make big changes to see a big difference. Start small, and soon exercise will be a part of your routine.





Getting Started

To start, aim for two goals:

Goal 1:

Aim for at least 30 minutes of exercise most days of the week.

If you haven't been very active recently, you can start out with 5 or 10 minutes a day and work up to more time. Or split up your activity for the day—try a brisk 10-minute walk 3 times each day. Some aerobic activities you might want to try include brisk walking, dancing, swimming, or going for a bicycle ride.

Goal 2:

Be more active throughout the day.

Being active throughout the day helps burn calories, and there are lots of ways to do it. Which activities would you like to try?

- Walk instead of drive when you can.
- If you do drive, park at the far end of the lot.
- Take the stairs instead of the elevator.
- Walk around while talking on the phone.
- Work in the garden, rake leaves, or wash the car.
- Play with the kids.