

Tips for Staying Physically Active



Get Support.

Involve friends, family members, and neighbors. They can benefit too, and they can help you keep your commitment.



30 Minutes Most Days

Keep a daily record of your activity.

A record will help you see your progress, and when you need to improve. Post your record somewhere you will see it often, like the refrigerator or a mirror.



Vary your routine.

Try new activities if you're getting bored. Take an exercise class, work in the garden, or get on a bike.

Schedule time for activity.

Having a set time for activity can help. Also, remember that you can build up 30 minutes of activity in your day. If you get busy, schedule a few 10 minute breaks for physical activity.



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