

Being active to feel your best



Being active is anything that gets you up and moving!



- You don't have to join a gym or run around a track
- Just get moving for about 30 minutes, 5 days a week
- Try different activities to find ones you enjoy

What if...

"I need to lose weight."

Being more active while eating healthy can help you lose weight and be healthier.



"I haven't been active for years."

It's never too late to start. Start slow and talk with your health care professional. Being more active can make a big difference at any age. Even people in their 80s can build strength.



What if...

“I don’t have time.”

Be more active in your everyday life ie, walk the dog, walk and talk on the phone, try a 10-minute workout between tasks, etc.



“I have a health problem.”

Exercise can be good for many problems. For example, it can help lessen pain from arthritis. Talk to your health care provider about what activities are right for you.



“I can’t afford to take a class or join a gym.”

Being active can be free. For resistance training, use cans of soup or bottles of water for weights.



1 Getting started

**Not sure how to get started?
Here are some ideas to help you.**

- Pick activities you like to do. You can do the same activity each day. Or you can do different things on different days.
- Pick activities that fit into your day.
- Ask your health care provider which activities are OK for you.



2 Planning a routine

**A routine helps you get started
and keep going.**

**Decide what you will do on each day.
For example:**

- Stand up and stretch in between meetings.
- Walk a few blocks before or after you eat lunch.
- Exercise your muscles in short breaks using some form of resistance like water bottles.
- Do vigorous yard work.
- Play ball in the park with your family.



3 Keeping track of your progress

Keep track of what you do, when you do it, and for how long. This helps you see your own progress.



- Write on a calendar. You can use a regular calendar, one on your computer, or on your smart phone. Pick a special color to track your active time.



Example of plan for 250 minutes/week for physical activity to prevent weight gain or support weight loss

- You can do 50 minutes once a day.
- Or do 25 minutes twice a day.
- Or do 10 minutes 5 times a day.

Active Time/ Workout Time	Days (250 minutes/week)						
	Su	Mo	Tu	We	Th	Fr	Sa
30 minutes							
15 minutes							
10 minutes							

Additional Plan for Fun-Related Workout	Time for Fun Activity

A sample walking program

Walking is one of the best ways to be active.

Get started:

- Choose places to walk.
- Find people to walk with, or join a walking group.
- Make sure you have sturdy, comfortable shoes.



Plan a routine.

Plan times to walk.

For example:

- Walk with a friend in your lunch hour.
- Plan a stroll when going shopping.
- Take a walk with your family on the weekends.

Track your progress on the next page.



An 8-week walking program

Choose at least 5 days to walk each week. Check off the days you walk.

- Always walk slowly for the first and last 5 minutes. This is your warm up and cool down.
- In between your warm up and cool down, walk faster. Begin with 5 minutes of fast walking. Add 2 minutes of fast walking each week, and by the 8th week you'll be up to 20 minutes of fast walking. That's great!
- If you get an ache or pain, take it easy for a few days. If it doesn't get better, talk to your health care provider.

Week	Walk Fast Minutes	Total Walking Minutes	Su	Mo	Tu	We	Th	Fr	Sa
1	5	15							
2	7	17							
3	9	19							
4	11	21							
5	13	23							
6	15	25							
7	18	28							
8	20	30							

You're doing great, keep going!

My personal goals

Be active outside.

Here are some things to try.



CYCLING



Safety tips for outdoor activities:



Start by warming up for 5 minutes. Then cool down for 5 minutes at the end.



Slow down if it's hard for you to talk.



Increase your time slowly.



Go with a friend.



FARMING



Dress right for the weather. Wear comfortable, sturdy shoes.



Check with your health care provider before you start a new activity.

Outdoor activities I want to try



If you get an ache or pain, take it easy for a few days. If it doesn't get better, talk to your health care provider.



Drink plenty of water.



Indoor Activities

Here are some things to try.



Safety tips for indoor activities:



Check with your health care provider before you start a new activity.



Remember to breathe as you exercise.



Slow down if it's hard for you to talk.



Drink plenty of water.





Hold stretches for 15 to 30 seconds. Try not to bounce.



Increase the amount of weight slowly.



If you get an ache or pain, take it easy for a few days. If it doesn't get better, talk to your health care provider.



Learn safe ways to stretch and lift weights from a class, video, or TV program.

Indoor activities I want to try



Being active also helps you:

- Keep your heart strong.
- Control your blood sugar.
- Relieve arthritis pain.
- Control your weight.
- Improve your mood.