



Tricks of the Trade

1 Start slow and add a little more over time

Some is better than none, so start slowly. **Don't expect results overnight**, but do take small steps each day. You might not notice any big changes—especially in your weight—for a few weeks or even months. It is still good for your heart health!

2 Get a partner or join a class

Be active with a friend or a group to make it more fun! You are less likely to cancel an exercise date with a friend than one with yourself!

3 Change your routine around

You will be less likely to get bored or injured if you change your activities. Walk one day; bike the next. Mix in fun sports like golf or tennis to stay active and keep exercise fun. Learn to dance or garden. Even chores like mowing the lawn and cleaning your house can keep you moving.

4 Make exercise fun

Plan your walking route to see new sights—change up the neighborhoods you walk through. Take a walk through the zoo or park. Listen to music or an audiobook to help pass the time. Exercise on a treadmill or stationary bike while reading or watching TV.

5 Write it down

Keep an activity journal or diary. Write down what you did, how long you did it, and how you felt. This helps to track your progress. Keeping a journal can also be a good way to set future goals. Write down where you want to be next week, month or year.

6 Try something new

It may be that jogging is not for you. Try a swimming program instead or sign up for a yoga class or tennis lesson. Find things you enjoy.

7 Make exercise a habit

Choose a regular time for exercise each day. Sign a contract with yourself to exercise. Put exercise “appointments” on your calendar and keep them! Change into workout clothes before you leave work.

8 Make exercise a priority

You have to believe that exercise is important enough to make it happen. Pay attention to your mood, how your body feels, and your stress level AFTER you are active. Think about your reasons for becoming active.

9 Come up with solutions to reasons you may not want to be active

If you don't like to sweat—set up a fan or split it up into three 10-minute walks. If you feel too tired, try to be active earlier in the day. Write down your solutions.

10 Every little bit counts

Take a walk on your lunch break or a longer path back to your desk. Walk your dog twice a day. Take the stairs instead of the elevator. Split your activity up into two 15-minute or three 10 minute walks.



The Choices are Limitless!

You have many choices

When you travel...	<ul style="list-style-type: none"> • Stay at a hotel that has an exercise room. • Ask locals or the front desk of the hotel where you can walk or run safely. • Walk to dinner instead of taking a taxi. • Do your sightseeing on a bike or on foot. • Do some stretching, yoga or use a strength band in your room.
When the weather isn't the best...	<ul style="list-style-type: none"> • Walk at the mall. • Find stairs at your work or apartment building. • Use a video or TV exercise program. • Dance to your favorite music.
When you can't afford a fitness center...	<ul style="list-style-type: none"> • Use household items for weights such as milk cartons or canned foods. • Use your own body weight: squats, push-ups or sit ups. • Join a walking group with friends. • Find fun activities through a local community center.
When you feel tired...	<ul style="list-style-type: none"> • Try yoga, light weights or stretching—this will still help your balance, strength and flexibility. • Exercise early in the day. • Start walking—you may start to have more energy with each step.
When it doesn't seem fun...	<ul style="list-style-type: none"> • Do an activity while watching TV or a movie, reading a book or a magazine, listening to music, a book or podcasts. • Consider it “play time” like kids do: play with the dog, play with grandkids. • Try a new class or activity. • Find a friend to be active with you. • Help out a neighbor or friend with moving or housework.



The Choices are Limitless!

You can start and stay active when it seems like you can't

These are the 4 kinds of exercise that you can pick from:

- 1 Endurance
- 2 Strength
- 3 Balance
- 4 Flexibility

1 Endurance: activities that increase your breathing and heart rate (pulse)

- Endurance activities
 - keep you healthy and more fit
 - help you do the things you need to do every day
 - improve the health of your heart and lungs
 - delay or prevent diseases such as diabetes, colon and breast cancers, and heart disease
- Examples of endurance activities:
 - fast walking
 - dancing
 - biking
 - playing tennis
 - yard work
 - jogging
 - climbing stairs or hills
 - swimming
 - playing basketball

2 Strength: activities that increase your muscle strength

Strength exercises help you stay independent in your daily activities like climbing stairs and carrying things. *Strength exercises include lifting weights and using a resistance band.*

3 Balance: activities that make you more stable

These help improve your balance and prevent falls. *Balance exercises include standing on one foot, heel-to-toe walk, and tai chi.*

4 Flexibility: activities that keep your body flexible

These give you more freedom of movement for everyday activity. *Flexibility exercises include shoulder and upper arm stretches, calf stretches, and yoga.*