

Making Exercise A Lifestyle Choice



Plan ahead.

Make physical activity a regular part of your daily schedule and write it on your calendar. Plan to be active most days of the week.

Add physical activity to your daily routine.

Walk or ride your bike to work or when going shopping. Park farther away from your destination or exercise while you watch TV.



Set goals.

Short periods of at least 10 minutes of physical activity throughout the day will add up health benefits.

Prevent injury.

Learn how to warm up and cool down; wear the proper clothing and shoes.

Chart your progress.

Keep a written log, or use the **Activity Planner on health.gov/moveyourway** to track your progress.



Weather-proof your activities.

Indoor activities like dancing, calisthenics, stair-climbing, jumping rope, and mall walking are always available.

Exercise for energy.

Schedule physical activities when you feel most energetic, and watch your energy level increase as you continue to exercise.

Consult with your doctor.

If you have a chronic health condition, ask about the types and amounts of physical activity that are right for you.

Most of all...have fun.

Select physical activities you enjoy and that match your abilities, and stick with them.

Adapted from U.S. Department of Health and Human Services. Physical Activity Guidelines for Americans, 2nd edition. Washington (DC): U.S. Department of Health and Human Services; 2018. Available at: <http://www.health.gov/paguidelines>.

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optimahealth.com/mylifemyplan

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