

Follow these steps to begin an exercise program:

Step 1

Talk to your provider. See your provider to get help with an exercise plan. It is important to have your overall health checked before you begin exercising. **You must do this if:**

1. You are over 35 years old and have not been active for many years.
2. You have any health problems such as high blood pressure, heart trouble, or diabetes.

Talk to your doctor today to create an exercise plan that is right for you!

Step 2

Let's get moving! Think about how you can get some exercise each day. Even moderate exercise each day will improve your health. There are different types of exercises.

Aerobic exercise means using oxygen. It is moving nonstop in a way that makes your heart beat faster and causes you to breathe more deeply. This exercise is best for losing weight. This exercise is also good for your heart and lungs.

Strength building exercises work different muscles in your body. You improve strength in your muscles. You build strong bones. You lower the risk of osteoporosis. This is a type of bone loss that happens as you age and lose calcium from your bones. Strength building should also include balance exercises in order to build leg muscles and prevent falls.

Stretching is another type of exercise. This improves your flexibility. Stretching also lowers your risk for injury.

For best results try all types of exercises. Try to do 30 minutes of exercise at least 5 days a week. If you are trying to lose weight you must use up more calories than you take in. A calorie is a measure of energy that your body needs to function. If you take in 100 calories a day more than your body needs, you will gain about 10 pounds in a year!

Here are some activities that can help you burn extra calories:

- Light gardening/yard work for an hour will burn 330 calories
- Hiking for an hour will burn 370 calories
- Light weight lifting for an hour will burn 220 calories
- Walking at 3.5 mph for an hour will burn 280 calories
- Bicycling (<10 mph) for an hour will burn 290 calories
- Dancing for an hour will burn 330 calories

Step 3

To stay on track create an exercise plan. Having a plan will keep you more organized and motivated. Write down what you want exercise to do for you. Also write down a list of possible barriers. For each barrier come up with a solution. For example:

Goal: I want to lose 10 pounds and improve my blood pressure.

Barrier	Possible Change
I do not have time.	Plan to get up 30 minutes earlier.
I do not have money for a gym membership.	Pick those activities that are free like walking.
I get bored.	Make it fun. Include family or friends.
I am too tired.	Start slowly. Pick a time when energy is best.

Circle the activities you would like to try.

Walking Fast

Hokey-Pokey with Your Kids

Gardening

Jumping Rope

Swimming

Bicycling

Skating

Frisbee

Racquetball

Dancing

