



Simple ideas to help you get **More Exercise** each day

PLEASE NOTE: If you are not currently exercising on a regular basis, please check with your physician before starting a new exercise program. This is especially important if you have had a recent injury, have a physical impairment, recent surgery, heart or lung disease, poor circulation, or other medical disease.

1. Use a pedometer or **fitness tracker** to measure how many steps you take on an average day.
2. **Park far away** from the front door of your work place, grocery store, shopping mall, or other final destination.
3. Use your **lunch break to exercise**: walk, bike, run or visit your local fitness center.
4. Start a **home exercise program**: walking around the house or yard, walking up/down stairs repeatedly, lunges, squats, planks, repetitive arm movements, add resistive bands - **JUST MOVE!**
5. Spend more time **gardening** or landscaping around your house.
6. **Walk** every time you **talk** on your phone.
7. Walk, jog or bike **before or after work** - even if it's just for **10 minutes**.
8. Use the **stairs** at work instead of the elevator.
9. Do **yoga or Tai Chi** at home, in a park or at a studio.
10. Join the **YMCA, local gym or fitness center**. Group classes are a great way to get started and make new friends.