

# Exercise and You

- **Find activities you enjoy.**

When we enjoy an activity, we make it a part of our lives. The best activity is one that you enjoy because you will be able to make it into a regular routine. Find two or three activities you enjoy and work on increasing your skills in these areas.



- **Choose the right time.**

Some of us are naturally morning people while others prefer to be active at the end of the day. When incorporating physical activity into your day, pick a time that works best for your schedule.

- **Discover your “why”.**

Goals can motivate us if we choose the right ones. Think critically about why you want to increase your physical activity and use that as motivation.

- **Choose the right shoes.**

Comfort is essential for physical activity. It is important to choose shoes that fit well and are right for your activity level.



- **Be prepared.**

Preparation helps prevent excuses. Keeping an extra pair of workout clothes in your car or scheduling time to go on a walk are good ways to get prepared.

- **Stick with it.**

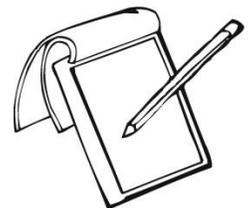
Research suggests that it takes about 21 days for a behavior to become habit. If you want to start walking more, make a plan to walk 30 minutes a day for 21 days!

- **Find a support group.**

A strong support group is vital to making lifestyle changes. Find friends or family members with the same physical activity goals as you. You can join a class together or just plan to meet for a neighborhood walk.

- **Keep a record.**

Research shows that self-monitoring is key to a healthy weight. Keep track of your activity in minutes per day or steps on a pedometer. Phone apps can also be an easy way to record your activity.



- **Congratulate yourself.**

Becoming more active takes time and commitment. Instead of lecturing yourself when you fail to meet your physical activity goals, give yourself a big pat on the back for any increase in physical activity.