

Get Moving: Easy Tips to Get Active!



Take the first step. Start with walking! Why? It's easy and it works!

It's Easy

- Walking is the simplest way to start and continue a fitness journey.
- Walking is free – no cost to get started.
- Walking is easy and safe.

It Works

- Walking for as few as 30 minutes a day provides heart health benefits.
- Walking is one of the most effective form of exercise to achieve heart health.

And walking isn't your only option. Try these tips for increasing physical activity wherever you are. You may be surprised at all your opportunities to increase your physical activity every day. Consider carrying this list with you for one day. Check off the ways you notice that you could increase your physical activity.

Tips for Increasing Physical Activity

At Home

It's usually convenient, comfortable and safe to work out at home. Make it a family activity. You can combine exercise with other activities, such as watching TV. If you buy exercise equipment, it's a one-time expense and other family members can use it. It's easy to have short bouts of activity several times a day.

Try these tips:

- Do housework yourself instead of hiring someone else to do it.
- Work in the garden or mow the grass. Using a riding mower doesn't count! Rake leaves, prune, dig and pick up trash.
- Go out for a short walk before breakfast, after dinner or both! Start with 5-10 minutes and work up to 30 minutes.
- Walk or bike to the corner store instead of driving.
- When walking, pick up the pace from leisurely to brisk. Choose a hilly route. When watching TV, sit up instead of lying on the sofa. Or stretch. Better yet, spend a few minutes pedaling on your stationary bicycle while watching TV. Put aside your video remote control. Instead of asking someone to bring you a drink, get up off the couch and get it yourself.
- Stand up while talking on the telephone.
- Walk the dog.
- Park farther away at the shopping mall and walk the extra distance. Wear your walking shoes and sneak in an extra lap or two around the mall.
- Stretch to reach items in high places and squat or bend to look at items at floor level.

- Use work breaks to walk outside – enjoy the weather and sunshine, and get your blood flowing.

At Play

Play and recreation are important for good health. Look for opportunities such as these to be active and have fun at the same time:

- Plan family outings and vacations that include physical activity (hiking, backpacking, swimming, etc.)
- See the sights in new cities by walking, jogging or bicycling.
- Make a date with a friend to enjoy your favorite physical activities. Do them regularly.
- Play your favorite music while exercising; enjoy something that motivates you.
- Dance with someone or by yourself. Take dance lessons. Hit the dance floor on fast numbers instead of slow ones.
- Join a recreational club that emphasizes physical activity.
- At the beach, sit and watch the waves instead of lying flat. Better yet, get up and walk, or swim.
- Play singles tennis or racquetball instead of doubles.
- At a picnic, play Frisbee or a game of volleyball or soccer.

You can even get heart-healthy benefits if you divide your time into two or three 10- to 15-minute physical activity segments a day.

Resources adapted from the American Heart Association