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TIPS

TO GET MORE
EXERCISE



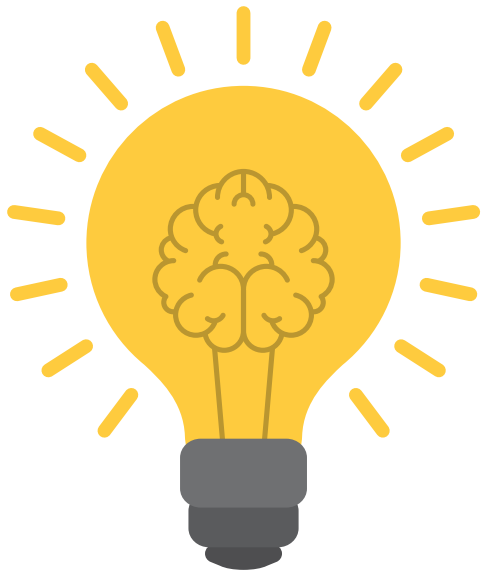
MAKE SMARTER GOALS

Create detailed and realistic goals, such as “I will walk 30 minutes/day, 2 days per week.” A vague goal (like “Walk more”) isn’t as helpful. Goals that are specific and achievable increases your confidence and leads to more success.



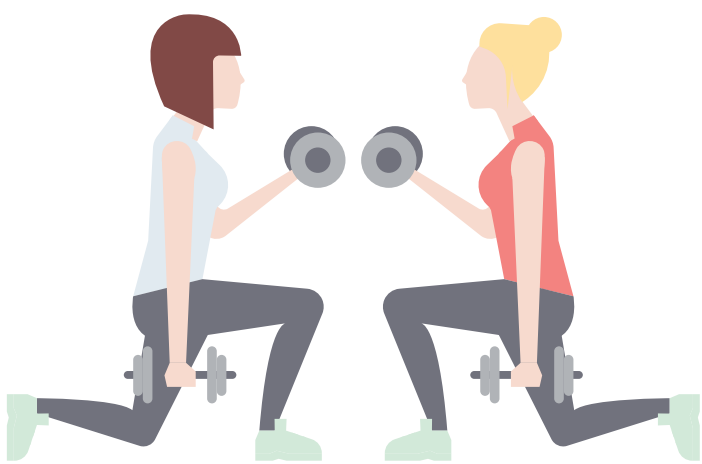
CHANGE IT UP

Working out doesn’t have to be boring. Try as many different forms of movement as you can to keep your routine exciting for you... and more beneficial for your muscles! If you enjoy walking, try exploring different locations... it can be a great way to sightsee!



FIND YOUR WHY

If you don't feel excited to exercise, think about WHY you want to be healthier. Perhaps you want to be able to walk without pain on a vacation or be able to play at the park with your grandkids. Discover your reason for health and use that when you need a little extra motivation.



INVOLVE FRIENDS

Find friends, neighbors or even coworkers who might join you for some movement. You're more likely to show up for your group fitness class or take a walk on your lunch break if you know someone is counting on you to be there.