



ACTION STEPS FOR HEALTH & HAPPINESS

You don't need to climb a mountain or run a marathon to be fit



- Start slowly. Build gradually.
- Aim for at least 30 minutes of moderate-intensity exercise 5 or more days per week.
- You receive health benefits even if you exercise at least 10 minutes at a time.
- You can get to the peak of Mt. Rainier (14,410 feet) without leaving your home! Climb 24,703 stairs (about 68 stairs a day for one year).

Dos

- Plan when, where, and how you will be physically active.
- Use a calendar, planner, or smartphone app to track your physical activities.

Don'ts

- Don't overdo it. "No pain, no gain," is not true.
- Don't put off physical activity because you are too busy.