

# ON THE ROAD TO Better Fitness

**Move toward getting more active and staying fit.**



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## TALK TO A DOCTOR

Want to start an exercise routine to lose weight? Before you start, talk to your doctor about exercises that are right for you.

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## ADD TIME & ENDURANCE LEVEL

After some time, you may find you can go longer without getting too exhausted. Move from walking to faster walking or jogging for 30 minutes. Add some hills to your route.

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## TRACK PROGRESS

Use an app on your smartphone to track steps and calorie-burn throughout the day. Weigh and measure yourself to see how your health is improving.

### Why should we exercise?

Doing regular exercise every day can lower your risks for many diseases, such as heart disease, cancer, and type 2 diabetes. It can improve your sleep and help you age better.

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## WATCH OUT

Take steps to stay safe while getting fit, like buying a good pair of walking or running shoes and talking to your doctor about any aches and pains you notice.

