



Be Physically Active

Plan for Success

Set a specific goal that you can reach. Write it down. Start small.

One example: "Instead of watching TV after dinner, I will walk with my family, my dog, or a friend for at least 15 minutes on 5 days this week." Keep track of steps you take to reach your goal.

Use items you have in the house to exercise on a budget.

- Use cans, instead of dumbbells, for biceps and triceps strengthening exercises.
- Use a bottom stair for a step exercise routine.
- Use tights or pantyhose as a resistance band for stretching exercises.

Check out exercise programs online or on a video streaming service that you find fun to do.

Couple physical activity with normal daily routines. For example, do chair exercises when you are sitting. Walk in place when you talk on the phone.

Exercise with family members or a friend to make your workout time more social.

Select activities that you enjoy and will look forward to doing.

Schedule time every day to do physical activity. Write it down or record it on your calendar or daily task list.

