



Wellthier by
the Dozen™

12 Terrific Tips to

GET ACTIVE & STAY ACTIVE

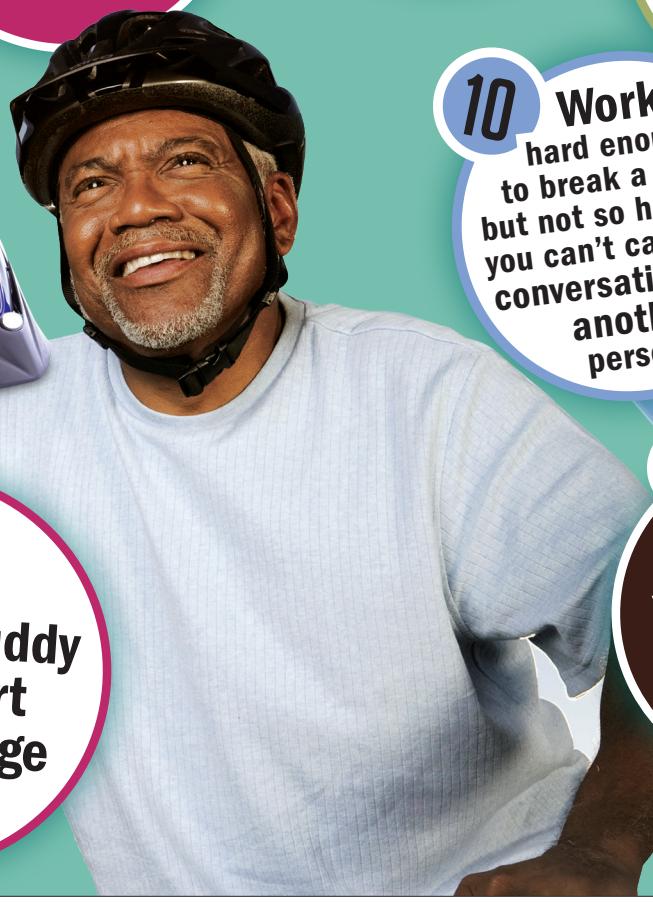
5 Work out to free, online fitness classes. Mix it up with low-impact aerobics, strength-training, and yoga.

6 Don't eat much right before your workout. If you exercise before breakfast, for example, a small piece of fruit is often enough.

1 Drink 17- 20 ounces of water 2 hours before exercising and aim for 7-10 ounces every 20 minutes while exercising.

8 Warm up to the idea. Start with a slow moving version of the activity for 5-10 minutes and some active stretching. If it's running, start with a brisk walk.

9 Fit exercise into your regular routine. Park farther away from the grocery store, take stairs instead of elevators, ride your bike to work.



10 Work hard enough to break a sweat but not so hard that you can't carry on a conversation with another person.

11 Find an exercise buddy to support & encourage you.

12 Keep a journal of your progress. It's a good motivator to continue.