



**1** Find an activity that you enjoy.



**2** Set a goal. Do you want to feel more energetic? Prevent health problems?



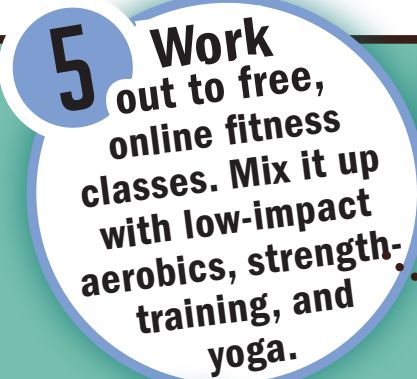
**3** Invest in a good pair of shoes designed for the activity you've chosen.



**4** Schedule time daily to exercise even if you have to wake up a half-hour earlier or spend your lunch hour at the gym.

**Wellthier by the Dozen™**

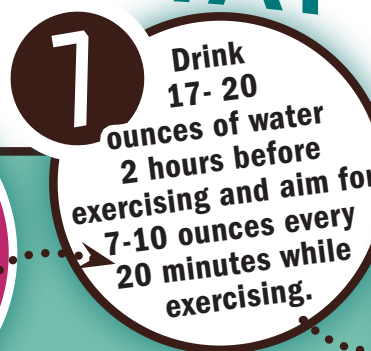
# 12 Terrific Tips to GET ACTIVE & STAY ACTIVE



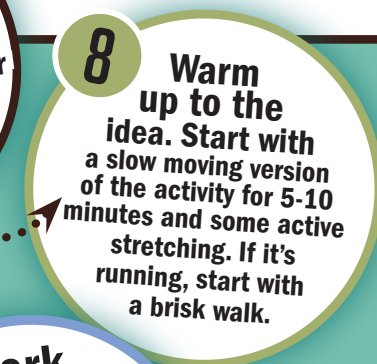
**5** Work out to free, online fitness classes. Mix it up with low-impact aerobics, strength-training, and yoga.



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



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



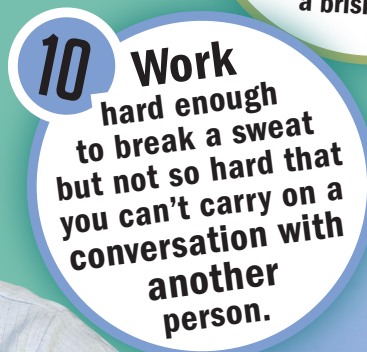
**8** Warm up to the idea. Start with a slow moving version of the activity for 5-10 minutes and some active stretching. If it's running, start with a brisk walk.



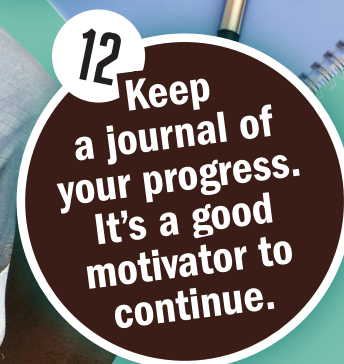
**9** Fit exercise into your regular routine. Park farther away from the grocery store, take stairs instead of elevators, ride your bike to work.



**11** Find an exercise buddy to support & encourage you.



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



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

