

Helpful Tips to Remember

- Work outs do not have to be hard to make you feel better.
- Working out helps your mind and body.
- Working out for short periods of time each day will make a difference.
- Work out with a friend. It keeps you both on track and makes it more fun!
- Some exercise is better than none!



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Exercise

How can you start making changes to get moving?



People of all shapes, sizes, and ages benefit by moving more. It can help you relax, sleep well, and give you more energy. Find out what you can do to get moving. Every little bit helps!

What is exercise?

Exercise is any type of movement that helps your body burn calories. It is good for your mind and body. Exercise lowers stress and helps you sleep. It also helps you stay active as you age.

What do you need to know?

Exercise every day or at least 5 times a week. There are 2 types of exercise. If you can talk while you are moving you are working out hard enough. If you run out of breath as you try to talk, you are moving too fast; slow down. If you can sing while you are moving, you are not working hard enough; move faster. Get moving for 30 to 45 minutes a day. Have fun. Choose something you enjoy. Listen to music or invite a friend.

What types of exercise should you do?

Every other day rotate between aerobic exercise and strength building.

Aerobic - Get moving for your heart and lungs:

- Walk fast
- Run
- Swim Bike
- Dance
- Yard work



Strength building - Get moving for your muscles and bones:

- Push-ups
- Sit-ups
- Lift weights
- Use stretch-bands
- Hike
- Pilates



How do I get started?

Start by making small changes. If you do not exercise now, start with a walk around the block. Take a 10-minute walk on your break from work. Park your car further away from the front door of the store. These are all small changes. Choose one and start today!

How can I step it up?

Slowly increase the amount of time you work out. Then, add strength building to your work outs. Strength building exercise works your muscles. Strength building keeps your bones strong.



How can I succeed?

- Work out with a family member or friend. You can keep each other going.
- Pick work outs that you like to do. If you get bored try something new.
- Track your time and progress. Write down the date, what you did and how long you did it. This will help you to see how well you have been doing.
- Plan your work outs each week. Having a weekly schedule will help you stay on track.
- Set goals for yourself. After you have reached a goal, check it off. Move on to the next one. This practice helps keep you motivated to make and complete more goals.

