

## Some hints to help you *Begin Exercising*



When you want to begin exercising:

1. Check with your doctor before starting an exercise program.
2. Increasing your physical activity does not mean you must join a gym or athletic club.
3. There are many fun ways to increase activity slowly and safely... walk at the mall, ride a bike, dance, take one flight of stairs, park your car farther from the store.
4. Exercise is a great thing – even a little can make you feel a whole lot better.
5. Exercise increases your energy, lets you sleep better, and makes you feel better.
6. Exercise with a friend.

\*\*If you have severe new or worsening physical symptoms like chest pain, shortness of breath, etc. when you begin or increase physical activity, call your doctor or emergency 911 immediately.

*Remember... “What we obtain too cheap, we esteem too lightly: it is dearness only that gives everything its value.” .....Thomas Paine.*