



*Make Every. Move Count.*

## **DAILY TIPS TO HELP YOU MOVE MORE**

*Get moving with these simple tips to get active – take the first step with these tools and resources to get you on the right path to a healthier, more movement filled, lifestyle.*

1. **Dress for success** – wear comfortable, properly fitted sneakers or flat shoes with laces and comfortable, loose-fitting clothing appropriate for the weather and the activity.
2. Start slowly. Gradually build up to **at least 30 minutes of activity on most or all days** of the week (or based on doctor recommendations).
3. **Exercise at the same time of day so it becomes a regular part of your lifestyle.** For example, you might walk every Monday, Wednesday, Friday, Saturday and Sunday from 12:00-12:30pm. (extra tip: add a reminder to your smart phone or wearable advice!)
4. Find a convenient time and place to do activities. **Try to make it a habit, but be flexible.** If you miss an exercise opportunity, work activity into your day another way.
5. Keep **reasonable expectations** of yourself – start small and work your way up. Little steps equal big gains!
6. **Look for chances to be more active during the day.** Walk the mall before shopping, take the stairs instead of the escalator or take 10–15 minute breaks while watching TV or sitting for walking or some other activity.
7. **Don't get discouraged** if you stop for a while. Get started again gradually and work up to your old pace.
8. **Don't exercise too vigorously right after meals,** when it's very hot or humid, or when you just don't feel up to it.
9. Choose **activities that are fun, not exhausting.** Add variety. Develop a repertoire of several activities that you can enjoy. That way, exercise will never seem boring or routine.
10. **Ask family and friends to join you** — you may be more likely to stick with it if you have company. Or join an exercise group, health club or community center.
11. **Use variety** to keep your interest up. Walk one day, swim the next, then go for a bike ride on the weekend.
12. **Note your activities on a calendar or in a logbook.** Write down the distance or length of time of your activity and how you feel after each session.
13. Keep track and **celebrate your achievements!**
14. Use **music or audio books** to keep you entertained.
15. Visit [heart.org/physicalactivity](https://www.heart.org/physicalactivity) to find all the resources you need to get moving and stay motivated