

## EXERCISE TIPS

- 1. Wear a pedometer.** Research shows that people who wear a pedometer -- a small device that counts the number of steps you take -- and aim for 10,000 steps a day get more exercise than those who don't.
- 2. Get an exercise buddy.** Making plans to meet a friend at the gym, for a class, a run, or even just a walk around the block can be a great motivator.
- 3. Schedule exercise just as you would a meeting or appointment.** Put it right in your calendar and treat it as you would any other commitment.
- 4. Change up your routine every few months.** Variety will keep you from being bored and learning something new will help you set and reach goals.
- 5. Aim for a mix of activities.** If you do the same thing three times a week your body will actually get used to the activity and find ways to stop working as hard. Try to "cross-train," or build several different activities into your regular routine.
- 6. Build stretching into your exercise routine.** Stretching is a vital part of any exercise routine. You could take a regular yoga class, stretch for a few minutes each morning, or even learn some stretches you can do at your desk during a quick break.
- 7. Build strength training into your exercise routine.** Weight-bearing exercises build strong bones and muscles, which are crucial for good health. If you're not sure how to lift weights, consider making an appointment with a personal trainer, who can help you build a personalized plan.
- 8. Try a team sport.** Team sports can be a great way to schedule exercise and meet new people. Team activities are especially good for people who don't enjoy working out at a gym or other solitary activities, like running. Look for a league in your community and sign up.
- 9. Consider making an appointment with a personal trainer.** You don't need to see a personal trainer regularly. You could make one or two appointments and get help developing a routine that's right for you as well as make sure that you are exercising properly and safely. You don't even need to belong to a gym to see a personal trainer. Look in your local phone book under "trainers."
- 10. Invest in a low-cost, simple home "gym."** This way you'll be able to get a work out on days when you're pressed for time or the weather is too bad to exercise outside. Some free weights, resistance bands, and an exercise ball along with a book or article with exercise ideas shouldn't cost you more than \$50 and are a great investment in your health.

- 11. Exercise while watching TV.** Do sit-ups, push-ups, leg lifts, or stretches during the commercials of your favorite shows. You can easily get in a 20 minute strength training session if you watch two hour-long programs.
- 12. Make exercise a family affair.** Get in the habit of exercising with your partner or children. You can help each other stay motivated and find new ways to spend time together. And if you have children, you'll be setting a powerful example of what an active lifestyle looks like.
- 13. Set exercise goals to stay motivated.** Goals give you something to reach for and help you stay on track. If you're a runner, work toward increasing your distance. If you lift weights, try to increase the amount you're lifting. Work toward a longer session on the treadmill at the gym.
- 14. Find the time of day that works best for you.** If you're just not a morning person, you're going to have a hard time getting out of bed to exercise first thing in the morning. Find the time of day during which you have the most energy and schedule workouts then.
- 15. Look for little ways to build more exercise into every day.** Small changes, like taking the stairs instead of the elevator or parking as far away from the door to the mall as possible, can really add up.
- 16. Don't overdo it.** If you haven't exercised in a while, it will take time to get back into shape. Be patient and avoid pushing yourself to the point of injury.
- 17. Keep an exercise log.** Research shows that people who keep an exercise log tend to exercise more. Print copies of the exercise log in this tool and keep track of your workouts.
- 18. Find out what your optimal heart rate should be during exercise and monitor yourself.**
- 19. Break up your daily exercise into manageable chunks of time.** Research shows that three 10 minute workouts are just as good as one 30 minute workout. So if you feel crunched for time, try breaking up your workout into chunks. Jump ropes for 10 minutes in the morning, take a walk around the block at lunch time, and do 10 minutes of weight lifting while you're watching TV in the evening.
- 20. Reward yourself.** Give yourself something to look forward to as you work toward your goals. Even small treats, like a new CD or a cup of coffee at your favorite place, can help you stay on track.
- 21. Fuel up for a workout.** Eat complex carbohydrates and protein before a workout. Try a banana, a yogurt, or an apple with peanut butter.

- 22. Choose activities that you enjoy.** If you don't like what you're doing you're not going to stick with it. So be sure to choose activities that are fun.
- 23. Make sure you have the right gear.** Invest in a good pair of shoes and comfortable exercise clothes.
- 24. Eliminate exercise excuses.** If you tend to make excuses for not exercising, such as "I don't have time," or "I'm too tired," find ways to get rid of these excuses. Go to bed earlier, or put workouts into your calendar.
- 25. Try taking a brisk walk each morning.** Even a brief morning walk can clear your head and leave you feeling alert and energized and ready for the day.