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.