

Be Active!

Wear good shoes and socks.

Check your feet and toes daily for cuts, sores, & blisters.

Call your doctor about any sores that won't go away.

Moving your body will boost your wellness.

Why Should I be Active?

- ⇒ Lowers blood sugar and cholesterol
- ⇒ Lowers blood pressure
- ⇒ Lessens feelings of stress, anxiety, and panic
- ⇒ Improves mood
- ⇒ Builds muscle and tones the body

You don't have to go to a gym!

- ⇒ Walk places instead of taking the train or bus
- ⇒ Take the stairs
- ⇒ Dance to a favorite song
- ⇒ Jog in place while watching TV
- ⇒ Take up a sport with a group of friends

Getting Started

- ⇒ Talk about your exercise plans with a doctor or nurse
- ⇒ Start at 1-2 days each week.
- ⇒ Work up to 5 days a week.
- ⇒ You should be slightly out of breath.
- ⇒ You should be able to talk but not sing.
- ⇒ Drink plenty of water when exercising.
- ⇒ Eat a snack first, if you plan to exercise for more than 45 minutes in a session.