Be Active!

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.

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.

UIC Center on Psychiatric Disability and Co-Occurring Medical Conditions, 2013