

## Ready, Set, Go: Follow these 3 steps to stay active

### Step 1: Make a plan!

- Always check with your healthcare provider before starting any new exercise program
- Set a goal to exercise for 30 minutes most days of the week
- Write your exercise start date on your calendar and tell a friend
- Pick activities you enjoy. Try walking, swimming, biking, dancing, or an exercise class

### Write down what you will do to stay active here:

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### Step 2: Get ready!

- Wear comfortable clothing and appropriate shoes
- Drink a glass of water before you start. Have extra water ready if you need it
- Start slowly and stretch. This can keep you from getting hurt and sore

### Step 3: Keep on moving!

- Work out with family or friends. They can help you stick to your plan
- Keep track of your progress. Write what you did to stay active on a notepad
- Change the type of exercise you do so you don't get bored
- Give yourself little rewards along the way as you stick to your plan and reach your goal