

# SHARE THE WELLNESS TIP



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## Get Moving

You don't need to go to a gym or have a formal fitness routine to get in daily physical activity. You can benefit from using these seven tricks for how to start and stick to exercising:

**1. Choose an activity you like.**

Be sure it's right for you physically, too. For example, if you have arthritis, swimming is a better choice than jogging.

**2. Find a partner.**

A friend or relative can make exercising more fun.

**3. Vary your routine.**

Switching up what you do can keep you from getting bored or injured. Maybe you walk one day and bicycle the next. Be creative.

**4. Select a time of day that works for you.**

Don't exercise too soon after eating or when it's too hot or cold outside.

**5. Don't get discouraged.**

Results aren't instant. It can take weeks or months to notice some positive changes from exercise, but they do happen.

**6. Don't believe "no pain, no gain."**

A little soreness is normal when you first start exercising; pain isn't. Take a break for a day or two if you hurt or are injured. If pain or injury continues, contact your health-care provider.

**7. Make exercise fun.**

Read, listen to music, or watch TV while riding a stationary bicycle. Find fun things to do, such as taking a walk through the zoo.

