

TAKE CHARGE OF YOUR HEALTH

# Get Up and Move

Exercise is great for your mind and body, but getting started may be tough. The U.S. Department of Health and Human Services recommends that adults get 150 minutes of moderate physical activity per week. Break it down and that's about 30 minutes, five days a week. Beginning an exercise program is one of the best things you can do to take charge of your health, so here are some tips to get started:



### **Start slowly**

It's important to give yourself ample time to warm up and cool down to prevent injuries. As your stamina improves, gradually increase the length or intensity of your workouts.



### **Break it up**

You don't have to do everything all at once, and multiple short exercise sessions may fit into your schedule better. If needed, just focus on staying active throughout the day.



### **Get creative**

Exercise doesn't have to happen in a gym or studio. Find physical activities that you enjoy—like walking, biking or dancing. Exercise can also be a fun time to socialize with friends, and a workout buddy keeps you motivated and accountable.



### **Listen to your body**

You know your body best. If you start to feel pain, dizziness or nausea, you might be pushing yourself too hard. Take a break until you feel better, and don't get discouraged.



### **Be flexible**

And when you're not feeling well, it's OK to take a day or two off. Give yourself permission to take care of your body and get right back into it when you've recovered.



This infographic is intended for informational purposes only and is not intended to be exhaustive, nor should any discussion or opinions be construed as professional advice. Readers should contact a health professional for appropriate advice.

© 2020 Zywave, Inc. All rights reserved.