



GETTING ACTIVE: STEPS TO SURE SUCCESS

Develop a support system

Make change a priority

Monitor your progress

Reward yourself for reaching goals.

Getting Active Every Day

Mornings

Meet a friend to walk, jog or skate.

Park farther from the door.

During the day

Walk through the building for a stress break.

Use the stairs instead of the elevator.

In the evening

Take a walk after dinner.

Join family or friends for a physical activity.

On the weekend

Do chores that require whole body movement.

Ride your bike to places you need to go.

Dance with a friend or family.