



# Go Red!

## National Wear Red Day

### Friday, February 4th

#### MOVE MORE

Many individuals seem to have a difficult time embracing the concept of a structured exercise program but are much more willing to embrace the idea of moving more! Here are some tips to get you up and moving since all exercise or activity adds up to a healthier heart:

- ♥ Choose activities that are fun, not exhausting. Add variety so that you don't get bored or in a rut.
- ♥ Wear comfortable clothes, fitted footwear and clothing appropriate for the weather and the activity.
- ♥ Find a convenient time and place to do activities. Try to make it a habit . . . but be flexible. If you miss an exercise opportunity, work activity into your day another way.
- ♥ Use music to keep you entertained.
- ♥ Surround yourself with supportive people. Decide what kind of support you need. Do you want them to remind you to exercise? Ask about your progress? Participate with you? Spend time with your kids while you exercise?
- ♥ Keep a record of your activities and reward yourself at special milestones.
- ♥ Don't overdo. Start slowly and gradually increase the intensity and duration of your activities.



If you haven't exercised in a long time, are overweight, have a chronic health condition or problem, see your doctor for a medical evaluation before beginning any regular activity program

