

# Living Well Tip of the Week

**Exercise is one of the best ways to slow or prevent problems with muscles, joints, and bones.** *(National Library of Medicine)*

## **TIPS FOR EXERCISE SUCCESS:**



- Choose a variety of activities that are fun, not exhausting
- Wear comfortable, properly fitted footwear and clothing appropriate for the weather and activity
- Find a convenient time and place to do activities
- Surround yourself with supportive people or find yourself a workout buddy
- Don't overdo it. Slowly increase the duration and intensity of your activities as you become more fit
- Be sure to balance strength training, cardiovascular and flexibility exercises
- Keep a record of your activities and reward yourself at special milestones

**Start an exercise program today! Register for the 2010 UT System-Wide Physical Activity Challenge starts this Week!**

**Go to [www.livingwell.utsystem.edu/challenge10.htm](http://www.livingwell.utsystem.edu/challenge10.htm) for more information.**