

# 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

### **2012 University of Texas System-Wide Physical Activity Challenge**

Will you accept the challenge? You will be competing against all UT System Institutions. This online, 6-week physical activity challenge will start on **April 19<sup>th</sup> - May 31<sup>st</sup>**.

**Sign-up today! For more details, visit [www.livingwell.utsystem.edu](http://www.livingwell.utsystem.edu) or email [livingwell@utsystem.edu](mailto:livingwell@utsystem.edu).**