Exercise Tips

Participating in regular physical activity is equally important as healthy eating. The key to a healthy weight loss is balancing food intake and energy consumption. It is recommended to participate in moderate physical activity at least 30 minutes most days of the week. *Speak with your primary care physician before beginning any physical activity.*

These tips will help make your lifestyle more active:

1. Head to the nearest park or track. Walking is a great way to start an exercise routine.

2. Encourage a fun physical activity with your kids. Go for a swim, go bike riding at the nearest park, or go for a hike.

3. Get up early and walk your dogs before heading to work.

4. Use your television to play dance video games or fitness DVDs.

5. Join a fitness class. Try yoga, Zumba, or dance class. This is a great way to surround yourself with people with the same goals to gain support and motivation.

6. To gain overall fitness, combine both endurance and strength training. For example, head to a yoga class one day, then go for a swim the following day. This will ensure that you build muscle mass, bone strength, and cardiovascular endurance.

7. Try setting up your exercise equipment in the living area. You can walk on the treadmill or do sets of dumbbell exercises while watching television.

8. Walk around the parking lot of your workplace during lunch or break.

9. Take the stairs or the elevator whenever possible.

10. Find an activity that you enjoy! Stick to it and make exercise a priority.