Choose Exercise that’s Right for You

- Set realistic goals.
- Start slow and gradually step up the pace.
- Make it convenient.
- Find an exercise buddy.
- Make sure it fits your schedule.
- Change your exercise routine to prevent boredom.
- Be consistent.
- Pick activities you enjoy.

To Change your Exercise Habits

- Recognize barriers to exercising daily.
- Develop a plan to overcome those barriers.
- Set specific measurable and rewarding goals.
- Make changes slowly.
- Keep a record of your progress.
- Regard slips as tiny setbacks and try again.
- Reward yourself when you achieve your goal.

Enjoy and make activity a HABIT!

Physical Fitness: Add Activity to Your Life!

For more information on physical activity and health, contact:


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Use this guide to increase your physical activity. (✓) Check those activities you plan to try.

**Do Less of:**
- Watching TV
- Computer Games
- Sitting

**Do Every Day:**
- Work in your garden.
- Park your car farther away.
- Make extra steps in your day.
- Follow a daily exercise routine.
- Keep an exercise diary.

**Do 2-3 times a week:**
- Golf
- Bowling
- Softball
- Yardwork
- Stretching/Yoga
- Push-ups/Curl-ups
- Weightlifting

**Do 3-5 times a week:**
- Roller Skating
- Brisk Walking
- Cross-country Skiing
- Bicycling
- Use treadmill, stairclimber or stationary bike!
- Swimming
- Badminton
- Shoot Hoops
- Exercise Class
- Jogging
- Soccer
- Basketball
- Martial Arts
- Skipping Rope
- Hiking

**DO EVERY DAY:**
- Walk faster.
- Walk the dog.
- Take longer routes.
- Take the stairs instead of the elevator.
- Take stretch breaks.
- Walk to the store or the mailbox.

**LEISURE**

**FLEXIBILITY & STRENGTH**

**AEROBIC EXERCISE**

**RECREATIONAL**

- Tennis
- Dancing
- Jogging in Place
- Workout at Fitness Club
- Jumping Jacks

- Golf
- Bowling
- Softball
- Yardwork
- Stretching/Yoga
- Push-ups/Curl-ups
- Weightlifting

- Roller Skating
- Brisk Walking
- Cross-country Skiing
- Bicycling
- Use treadmill, stairclimber or stationary bike!
- Swimming
- Badminton
- Shoot Hoops
- Exercise Class
- Jogging
- Soccer
- Basketball
- Martial Arts
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- Work in your garden.
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- Keep an exercise diary.