

Exercising more has  
really gotten us back  
into the swing of things.



Live Well   
MESSAGE ALLIANCE

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# move more tips



Exercising more frequently can reduce your risk for heart disease and stroke. Now it's your turn.

- Be active at least 30 minutes most days of the week. Even 10 minutes at a time will improve your health. If your habit is to eat at your desk, take a 10-20 minute walk first, then have your lunch.
- Start off slowly and choose a physical activity that you enjoy and can be done throughout the week. Take the dog for a walk, organize a float trip and play golf without the cart!
- Build physical activity into daily activities. Take the stairs instead of the elevator. Park farther away from the office or the grocery store. Vary your activity with the seasons. Bowling and dancing are great indoor activities.
- Take time for strength-building activities 2-3 times per week such as pushups, light weightlifting and water aerobics. Regular stretching activities such as yoga and swimming will improve your flexibility, strength and endurance.
- Ask your friends or family to join you and make it fun. Play wiffle ball, kick ball, horseshoes, badminton and soccer. Having a social aspect to exercising can boost your morale.