Let’s Get Moving!

New to activity? That’s okay! Here’s how to get started…

1. **Start slow!** Begin with 15 minutes of activity per day and slowly increase your time when you feel ready.

2. **Find an activity that you enjoy!** It is much easier to do physical activity when it is something you look forward to doing.

3. **Get comfortable!** Find a pair of shoes that will support your feet and wear exercise clothes that are comfortable for you.

4. **Stay hydrated!** Don’t forget to drink water before, during, and after activity to refuel your body.

**Talk it out…**

During exercise, your level of intensity should be to the point where you can still talk, but cannot sing.

---

Safety First! How to stay safe during exercise

1. **Warm up!** Warm up with aerobic activity for 5-10 minutes to wake up your muscles.

2. **Stretch!** After warming up, stretch your muscles to prevent muscle strain and injury.

3. **Modify your workout!** If you are experiencing any pain or discomfort, ask a fitness instructor for exercise modifications.

4. **Cool down!** It is important to relax and stretch your muscles after exercise in order to return your heart rate to normal and to prevent muscle soreness.