

Exercise Truths

- ❖ **Your goal** is to get at least 150 minutes of moderate-intensity exercise per week. Broken down, that's 30 minutes of exercise on five days of the week.
- ❖ **You can work out anywhere** and do not need to join a gym to get fit. Walking is free.
- ❖ **Exercise may lead** to slightly sore muscles the next day. That's normal – it means your muscles are working. Mild discomfort is okay, but pain has no place in exercise. Pushing through pain can lead to injury and is not recommended.

