

Before beginning, ask your **health care provider** what's safe and good for you.



2 Set reasonable **goals** and then raise the bar; vary your activities to stay motivated.

HEALTHY TOP TEN

3 Get the full **benefits** by doing it all: aerobics, strengthening and stretching.

5 Enjoy exercising; **buddy up** with a friend and find an activity you enjoy to beat boredom.

4 **Start slowly** and gradually work toward higher intensity.



Smart Exercise Moves

6 End each workout with a **cooldown** — a light version of your activity or just walking.

7 When **stretching**, use controlled movements until you feel muscle tension; then hold before you slowly release.

8 Don't hold your breath; **breathe** in and out through each move.

9 Drink **water** frequently to prevent dehydration.

10 **Rest** if you feel pain, fatigue, dizziness or shortness of breath.

