



BRIAN DANLEY FITNESS

How to Start Being Physically Active

- Get social support from a buddy, family member or others in a group activity
- Give yourself positive messages and rewards
- Start with 5-10 minutes of physical activity and build up over time to 30 minutes daily
- Set short-term goals so you can feel good about your progress and not get discouraged
- Get a good pair of supportive shoes to wear when you do physical activity
- Figure out your preferences
- Start with one 10-minute part and add another 10-minute part when you're ready
- Walking is the most popular physical activity
- If you can talk easily, increase your speed or do the activity longer
- If you are out of breath and it is hard to talk, slow down or do less
- Over time make sure your routine includes strength, stretching, balance, and endurance activities

- Listen to your body
- Be open to new experiences but respect messages from your body to slow down when needed
- Check with your healthcare provider before starting to be physically active if you have a chronic condition (i.e., high blood pressure, diabetes, arthritis, etc.)
- Your muscles may be a little sore the day after doing physical activity, but it shouldn't hurt (if it hurts, stop and see your healthcare provider)
- The human body was meant to move. Relax and enjoy yourself