



# Tips to Make Moving More Part of Your Life Every Day

## Getting started

If you're inactive, start slow. For example, start with a short walk each day. Gradually build up and set new goals to stay motivated. The important thing is to find something you enjoy, and do it safely. And remember—trying too hard at first can lead to injury and cause you to give up. If you have a chronic health problem, be sure to talk with your doctor before beginning a new physical activity program.

1

### Set a schedule.

Physical activity can help improve your mood and your overall well-being. Planning time for exercise helps make it part of a routine.

2

### Build activities into your day.

Go for a walk during a break from work or do strength training while watching TV. Think about transforming your everyday activities so you move more.

3

### Move for a short time a few times a day.

Don't have a full half hour? Move for few minutes at a time. Walk briskly for 5 minutes, turn around and walk back. Dance (standing or seated) to three songs. Do some squats. Break up sitting time. Even light-intensity activity is beneficial for your health.

4

### Get a friend or family member to join you.

Go on walks or take a yoga or other fitness class together. Motivate each other to keep it up. Share your goals and celebrate your accomplishments together.

5

### Do what you love.

Love the outdoors? Try gardening, hiking, biking, or golf. Play with the children in your life. Walk on a track at a nearby school or dance to music that lifts your spirits.

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Learn more about the benefits of physical activity and living a heart-healthy life at [www.nhlbi.nih.gov/health-topics/heart-healthy-living](http://www.nhlbi.nih.gov/health-topics/heart-healthy-living).