Tips to Get Moving

You probably have 101 reasons why you can’t exercise as much as you should. Kiss those excuses goodbye and say “hello” to a lifestyle that keeps you fit, happy and healthy. Your family, friends and future self will thank you for it!

Hurdle: “I don’t have enough time to exercise.”
How to overcome it: Exercise doesn’t have to mean hours at the gym. Try taking the stairs, parking your car at the far end of the lot, or setting timers to remind yourself to get up and move during the day. Use a fitness monitor wristband or app to track your steps and aim for 10,000 to 20,000 each day. If you can’t find a 30-minute block of time, break up your workout into three 10-minute intervals throughout the day. It doesn’t matter HOW you get moving, just that you do!

Hurdle: “I feel too tired today.”
How to overcome it: Exercising today will give you an energy boost and help you feel less tired tomorrow. It’ll even help you sleep better!

Hurdle: “My arthritis hurts.” Or back or knees or shoulder—choose one.
How to overcome it: Stretching and exercise are actually a great way to reduce stiffness and pain from arthritis, achy knees or back problems. Find an activity that doesn’t aggravate problem areas. Swimming is often a good choice. Building strength and losing weight can ease chronic pain.

Hurdle: “I’ve tried exercising, but I lose steam after a few weeks.”
How to overcome it: Link up with friends. Find a local/online exercise group to help motivate you. Having someone to exercise with—or someone to celebrate your progress—will keep you accountable. It can also make exercise more fun!

My biggest hurdle to being more active is: __________________________________________________________

____________________________________________________________________________________________

How I can try to overcome it: __________________________________________________________

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For more information about ways to be physically active, visit CardioSmart.org/ActiveLiving.