



Eat More Fruits and Vegetables, Drink Water, and Get Active



Healthy Living – How to Get Active Tips!

Use this tip sheet to learn how to be active.
Stay positive!

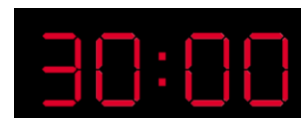
Why get active?

- Regular physical activity is good for your health! Being active can help you look good, move better, sleep better, and lose weight.
- Physical activity with a healthy diet may prevent diabetes, heart problems, high blood pressure, and other serious medical conditions.
- It is easy! Physical activity is anything that gets your body moving. Take a walk, work in the garden, ride a bike, swim – do something that you enjoy.



How to get started?

- Talk to your doctor before you start. Get advice about what is best for you.
- Do not do anything that hurts you.
- Start out slowly. Add new activities little by little.
- Look for ways to be more active each day. Take a walk at lunch.
- Don't be a couch potato! The more television you watch, the more you sit, the more likely you are to be overweight or obese.
- You CAN exercise and watch TV. Get up and dance while you are watching American Idol!
- Find a friend to walk with. Join a team. Take a class. Have fun!
- You should be active 30 minutes a day! You can exercise three times a day for ten minutes each. Keep a daily record to keep track of your time.



Are there things to watch out for?

- Don't let yourself get thirsty! Drink lots of water when you are active.
- If you feel pain or shortness of breath, stop and tell someone.
- Wear comfortable shoes and clothes. Don't try to exercise in dress shoes!
- If you are away from home, take an ID with you. It is good to have in case you fall or are hurt. If you have diabetes, seizures or other serious health concerns you should wear a medical ID bracelet.

