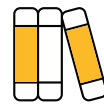


Making Exercise A Lifestyle Choice



Plan ahead.

Make physical activity a regular part of your daily schedule and write it on your calendar. Plan to be active most days of the week.



Prevent injury.

Learn how to warm up and cool down; wear the proper clothing and shoes.



Add physical activity to your daily routine.

Walk or ride your bike to work or when going shopping. Park farther away from your destination or exercise while you watch TV.



Chart your progress.

Keep a written log, or use the activity planner on health.gov/moveyourway to track your progress.



Set goals.

Short periods of at least 10 minutes of physical activity throughout the day will add up health benefits.



Weather-proof your activities.

Indoor activities like dancing, calisthenics, stair-climbing, jumping rope, and mall walking are always available.



For more information, visit:
sentarahealthplans.com/mylifemyplan



You can also scan this code with your smartphone camera or QR code reader app.

Making Exercise A Lifestyle Choice



Exercise for energy.

Schedule physical activities when you feel most energetic, and watch your energy level increase as you continue to exercise.



Consult with your doctor.

If you have a chronic health condition, ask about the types and amounts of physical activity that are right for you.



Most of all...have fun.

Select physical activities you enjoy and that match your abilities, and stick with them.



Staying Healthy Programs

Eating for Life

Develop healthy eating and exercise habits

Stay Smokeless for Life

Quit tobacco to improve your health

Guided Meditation

Experience a retreat from everyday stressors

Healthy Habits Healthy You

Develop habits to prevent diabetes and heart disease

Tai Chi

Learn to mentally and physically relax

MoveAbout

Learn about staying physically active every day

Yoga

Stretching and strengthening exercises

Sleep Better

Learn about the importance of sleep

Stress Less

Learn to prevent and manage stress in your daily life

For more information, visit:

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