9 ways to bring exercise into your life

1. Walk to more places — to the store, to a friend’s house — even (at least part way) to work.
2. “Steal” some time after work and before dinner for some brisk, aerobic exercise.
3. Make your exercise an imaginary trip. Figure the miles “covered,” and record them daily.
4. Make exercise a daily habit — like brushing your teeth.
5. Exercise before lunch. It can help you curb your appetite, work through the morning’s tensions, and refresh you to meet the afternoon’s demands.
6. Get active indoors. Dust, vacuum, scrub, sweep, mop, etc.
7. Go for an after-dinner walk rather than watch television.
8. Take the stairs rather than the elevator whenever possible.
9. Mow the lawn with a push mower, rake leaves, and work in the garden.

Exercising…

HOW MUCH? HOW LONG?

How much exercise is enough? Do I have to exercise every day, or is three times a week enough? Is more better?

To be “FIT to a T,” use the following guidelines.

**Frequency** =
most days of the week.

**Intensity** =
at a level where you feel slightly short of breath, without gasping (you can still talk with an exercise partner).

Increases in intensity of exercise should be very gradual.

**Time** =
30 to 60 minutes.

The best time to exercise is before a meal (not after).

If you’re out of shape
If you’re in great shape
If you want to be alone
If you like company
If you hate to sweat
If you love the indoors
If you have joint problems
If you don’t have much time
If you’re easily bored
If you’re competitive
If you can’t spend much
If you want to be flexible

WEATHER TIPS

When it’s hot:

1. Drink at least a cup of fluid (water’s best) before — and every 20 minutes during — your exercise routine.
2. Exercise during cooler (early or late) and/or less humid parts of the day.
3. Wear a minimum of light, loose-fitting clothing. Cover your head. Wear a water-washed towel or handkerchief around your neck.
4. Exercise less than normal for a week until you have adapted to the heat.

When it’s cold:

1. Wear layers of clothing you can peel off as you warm up. Wear one less layer than when you’re not exercising.
2. Use mittens or cotton socks to protect your hands.
3. Wear a hat, since about half of your body’s heat is lost from your neck and head.
4. Don’t risk injury. If it’s snowy or icy, exercise indoors.
5. Asthmatics are at risk for an exercise-induced asthma attack (EIA), triggered by cold air.