Everyday activities count!

- Throw on some music and liven up the housework
- Play with your kids — their way
- Find the time by adding up the amount of all your physical activities. Make sure they add up to 30 minutes
- Physical activity doesn’t need to be hard, but must be regular to achieve health benefits
- Select activities you enjoy and that fit into your daily lives
- It doesn’t matter what you do, but it does matter how long or intense the activity is
- Do light and moderate activities longer than heavy, fast or intense activities (walk for 30 minutes or run for 15 minutes)
- After you get into a regular routine — pick up the pace

Adding physical activity to your life is easier than you think.

When you’re cleaning the house, walking the dog, or play with the kids — vacuum vigorously, walk faster, play active games and have fun.

You’ll get more out of life with physical activity.

Everybody needs it.

Alaska Department of Health and Social Services
Division of Public Health
Section of Chronic Disease Prevention and Health Promotion
Heart Disease and Stroke Prevention Program
P.O. Box 110616 Juneau, AK 99811
1-888-465-3140
www.takeheart.alaska.gov
Here are some tips — to help you start

The best activity program is the one you stay with! Be creative in finding activities that you enjoy.

**Make short-term realistic goals**
- Identify the type of activities you enjoy
- Develop an action plan
- Check with your doctor before you begin
- Schedule your activity into your daily routine — mark it on your calendar

**Recruit a friend or family member**
- Find an activity partner, friend, neighbor, coworker — or even an exercise video
- You can have more fun if you have someone to be active with
- Get the family involved — exercise benefits every age group

**Develop an incentive and reward program for yourself**
- When you achieve your goals reward yourself
- Talk about your goals to your family and friends
- Keep an activity log or diary for positive feedback
- Identify other incentives that will help you get going

**Make it fun!**
- Choose activities you most enjoy and vary them depending on the weather or season
- Even household chores and yard work can count as activities
- Make a game of it
- Exercise to music
- Be flexible
- Try variety
- Join a group

**Prevent slips and relapses**
- If you get bored, change your activity
- Write down reasons why your last exercise session didn’t work. Figure out strategies to prevent slips in the future
- Start again with your new plan

**Remember the benefits of physical activity**
- Improve your fitness level
- Increase your strength
- Manage weight
- Improve your heart, diabetes or lungs
- Be more independent
- Lower your blood pressure
- Live longer
- Feel good — boost your energy
- Manage or reduce stress
- Improve posture and balance
- Enjoy life more and improve your well-being