

Exercise

QUICK TIPS

To Help You Get and Stay Active



Start Slowly

- Starting too fast increases your risk of injury.
- Plus, by doing too much too soon, you're more likely to create an unsustainable pattern.



Track Progress

- See how much progress you've made over time (which can boost your motivation).
- Add an extra layer of accountability.



Find a Buddy

- With a workout buddy, you can take turns motivating each other to stick with it.
- Plus, it's just more fun.