**Exercise QUICK TIPS**

To Help You Get and Stay Active

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**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.

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**Track Progress**

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

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**Find a Buddy**

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

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