



The Take Control Two-Step

Small Steps to Manage Chronic Diseases

Be Active

Here are some tips to help you get started.

- >> Talk to your doctor before beginning a physical activity program.
- >> Dress for success: Wear comfortable shoes and clothing.
- >> Exercise at the same time every day so it becomes part of your regular routine.
- >> If you've been sedentary for a long time, are overweight, have a high risk of coronary heart disease or some other chronic health problem.
- >> Don't exercise right after meals, when it's very hot or humid, or when you just don't feel up to it.
- >> Choose activities that are fun, and add variety. Make a list of several different activities you enjoy, and exercise will never seem boring or routine.
- >> Ask family and friends to join you, or join an exercise group at your church or senior center.
- >> Use music to keep you motivated.
- >> Keep a record and reward yourself at special milestones. Success is a great motivator!