# How Do I Get Started With Increasing My Physical Activity?

Becoming physically active does not mean you have to join a gym. The best thing about physical activity is that even a little can make you feel a whole lot better. In no time at all, you will have more energy, sleep better, and feel fit.

## Safety First

**Ask your MOVE! team whether you need to see your primary care provider before beginning a program of physical activity.**

## General tips on increasing physical activity:

- **Start slowly.** Choose the type and amount of activity that is right for you.
- **Increase your everyday activity.** Take the stairs. Park farther away and walk. Clean your house. Get up to change the TV channel. Walk to get your mail.
- **Walk** to increase your physical activity. It's free and you can do it almost anywhere. **Use a pedometer** to count the number of steps you take everyday.

- **Choose any activity** that gets you moving. You don't have to belong to a gym.
- **Add 10-minute sessions of physical activity into your day.** You don't have to do it all at one time. Adding up chunks of 10 minutes counts.

- **Be physically active** for at least 30 minutes most days of the week to improve your health. To lose weight, build up to 60 minutes most days. Try not to overdo it at first.
- **Wear comfortable shoes and clothes** that are right for the activity and weather.
- **Listen to your body.** You are the best judge of how hard and how long you should exercise.
- **Recruit a buddy** or someone who likes the same activity. You can motivate each other.
- **Warm-up before you exercise, cool-down after, and stretch at the end of your session** to prevent injury and reduce muscle soreness.
- **Drink plenty of water** before, during, and after activity.

## Stop exercising immediately if you experience any of the following:

- Severe pain, tightness, pressure, or discomfort in your chest
- Severe shortness of breath
- Severe nausea or vomiting
- Sudden weakness or changes in sensation in your arm and/or leg on one side of your body
- Difficulty swallowing, talking, or seeing
- Severe headache or dizziness

**CALL 911** immediately if the symptoms do not disappear within a few minutes.

If you have less severe, new, or worsening symptoms when beginning or increasing physical activity, contact your primary care provider.