



What kind of exercise is recommended?

Exercise can be any physical activity you like to do that increases your heart rate. Below are some examples of moderate activity.

- Fast walking
- Dancing
- Digging and weeding in the garden
- Swimming



What is my next step?

- I will think about it.
- I will talk with my doctor.

Exercise is one of the healthiest things you can do for yourself. Think about it.

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Thinking about exercising

Stage of change Pre-contemplation

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This pamphlet is for you if you have never exercised and are **not** ready to start.



What if I'm not ready to exercise?

You may not be ready for exercise today. Some people find it hard to exercise. Do any of these reasons fit for you? Check any that apply and/or add your own.

- I'm too tired after work.
- I don't have the time.
- I can't because of my knees.
- It's too hot (or cold).
- My neighborhood is not safe.
- I don't like it.

Add your own: _____



How would you like things to be different?

Check any that apply and/or add your own.

- I would like to feel better.
- I would like to have better-controlled blood sugar levels.
- I would like to have more energy.
- I would like to lose weight.

Add your own: _____



What can exercise do for you?

Exercise has short-term and long-term benefits. Check any that you are interested in.

Short-term benefits:

- It lowers blood sugar levels.
- It helps you handle stress better.
- It helps you sleep better.
- It gives you more energy.

Long-term benefits:

- It helps keep weight under control.
- It helps improve blood pressure and cholesterol.
- It helps prevent fractures.
- It helps improve pain from arthritis.