

Get *Moving!*

Walking, strength training, running, swimming, biking, yoga, tai chi—the possibilities for exercise are endless. Find an activity you love and get moving with these 10 do's and don'ts for starting an exercise routine.

Do...

Do Anything

It's Better Than Nothing: Even if you can devote only 10 or 20 minutes to exercise each day, you'll always feel better afterward.

Do Keep Track

Keeping track of how your body changes inside and out over the weeks and months gives you proof of the healthy changes you're making.

Do Weight-Train

Strength training builds muscle, and the more muscle you have, the faster your metabolism will be.

Do Head for the Hills

Look for hills along your route that you can slip into your routine.

Do Think Outside the Box

Mind-body practices like tai chi and qigong may help promote bone health, cardiorespiratory fitness, physical function, balance, quality of life, fall prevention and emotional well-being.

Don't...

Don't Do It If You Don't Love It

Once you find what you love, aim to gradually increase the duration and intensity of your activity.

Don't Stretch Too Soon

Do moves that raise your heart rate and promote flexibility. As for those static stretches from your school days, there's still a time and a place for them — after you're done with your workout.

Don't Forget Your Core

A strong core—which consists of your abdominal, back and pelvic muscles—can function like an insurance policy against balance-related injuries.

Don't Walk With Weights

It may increase your risk of joint problems or injuries. Leave the weights at home and boost your burn by walking up hills instead.

Don't Focus on Appearance

Instead of viewing physical activity as a means to a better-looking body, think of it as a way to stay healthy and feel great.

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