

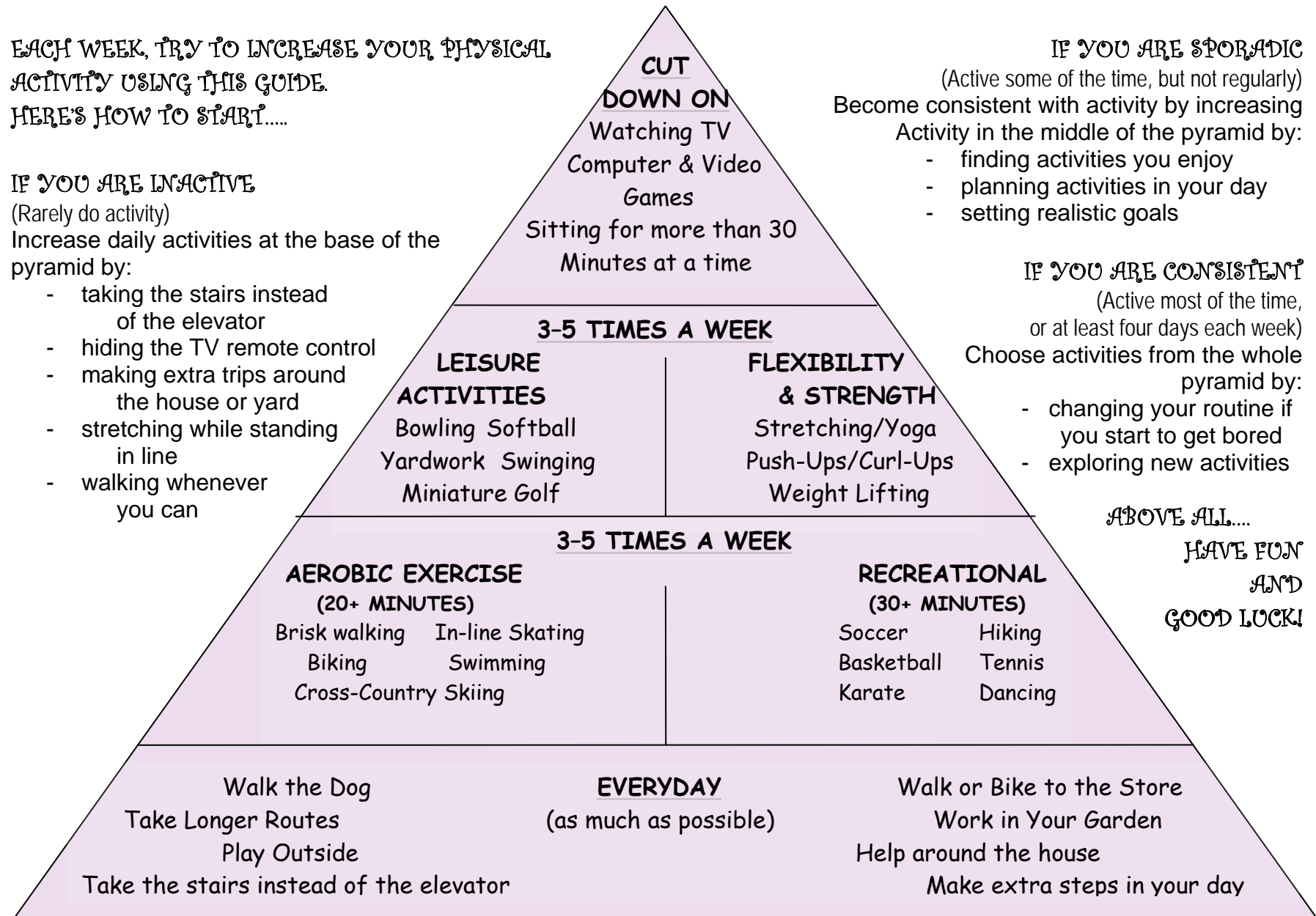
EACH WEEK, TRY TO INCREASE YOUR PHYSICAL ACTIVITY USING THIS GUIDE. HERE'S HOW TO START.....

IF YOU ARE INACTIVE

(Rarely do activity)

Increase daily activities at the base of the pyramid by:

- taking the stairs instead of the elevator
- hiding the TV remote control
- making extra trips around the house or yard
- stretching while standing in line
- walking whenever you can



IF YOU ARE SPORADIC
(Active some of the time, but not regularly)

Become consistent with activity by increasing Activity in the middle of the pyramid by:

- finding activities you enjoy
- planning activities in your day
- setting realistic goals

IF YOU ARE CONSISTENT

(Active most of the time, or at least four days each week)

Choose activities from the whole pyramid by:

- changing your routine if you start to get bored
- exploring new activities

ABOVE ALL....

HAVE FUN
AND
GOOD LUCK!