



Tips To Encourage People To Start Exercising

I. Preparing for Physical Activity:

- ❖ Choose something you've enjoyed in the past or have wanted to do.
- ❖ Know yourself - can you stick with a plan of home activity, or are you better in a group or public setting?
- ❖ Make a plan and follow it, but be flexible and keep your long-term goals in mind.
- ❖ Plan how you'll reward yourself for your efforts (preferably not food).
- ❖ Keep track of your progress—it doesn't matter how, just so it is meaningful to you.

II. General:

- ❖ Start out slowly; adjust your activity so you feel challenged but not exhausted.
- ❖ The U.S. Surgeon General's recommendation for health is 30 to 60 minutes of moderate activity most days of the week. You don't have to do it all at once; if you don't have time or are just beginning, do shorter sessions and build up. Some activity is always better than none.

III. Easy Ways To Add More Activity:

At Home

- ❖ Go out for a short walk whenever you have a few minutes—they all add up.
- ❖ Walk or bike to errands.
- ❖ When walking, pick up the pace from leisurely to brisk.
- ❖ Pedal a stationary bicycle, stretch or do short bouts of activity while watching TV.
- ❖ Walk the dog or play actively with the kids.
- ❖ Park farther away at the shopping mall and walk the extra distance.
- ❖ Walk extra laps around the mall or grocery store; check out mall walking programs.
- ❖ Housework and gardening count towards your daily activity!

At the Office

- ❖ Take the stairs instead of the elevator.
- ❖ Stand or pace while talking on the telephone.
- ❖ Walk down the hall to speak with someone rather than using the telephone.
- ❖ Schedule exercise time on your business calendar and treat it as any other appointment.
- ❖ Walk around your building, parking lot or stairwell during the workday or during lunch.

Physical Activities To Do at Home with Little or No Special Equipment

Aerobic activity - for the heart and vascular systems:

- ❖ Walk. Find a buddy, use a school track or shopping mall, or try stairs or hills.
- ❖ Do chores or gardening briskly.
- ❖ Put on some music and dance.
- ❖ Purchase a fitness ball and do some bouncing (it really is a lot of fun!)

Strengthening Activity - for the muscles and bones:

- ❖ Use the wall or counter for push ups.
- ❖ Get in and out of a chair using only your legs.
- ❖ Holding onto a support, try calf raises on a step.
- ❖ Lift a jug or can.
- ❖ Try a resistance band or tube or check out exercises in a library book or video.

Stretching - for circulation and relaxation:

- ❖ Take a few moments, scoot to the end of the couch: reach arms toward the sky, point your toes and pull them back.
- ❖ While standing, grab opposite shoulders and give yourself a hug.
- ❖ Before getting out of bed in the morning, stretch from fingers to toes, bring both knees to your chest, and then just one knee at a time. Don't forget to breathe!
- ❖ Stretching is a great way to ease stress and be more aware of how your body feels.



Exercise Resources

Listed below are a number of websites about nutrition and exercise that you might find important. These websites may be accessed directly through the New Mexico Health Care Takes On Diabetes website* at www.nmtod.com.

Local Library for Videos or Books:

- ❖ Strong Women Stay Young, by Miriam Nelson, M.D. Practical at home resistance exercise book for women new to the concept. Simple, do-able, and sound.

Nutrition Websites:

- ❖ www.fruitsandveggiesmatter.gov
- ❖ www.usda.gov/cnpp
- ❖ www.healthychoices.org

Fitness Websites:

- ❖ www.shapeup.org
- ❖ www.justmove.org
- ❖ www.kidshealth.org
- ❖ www.smallstep.gov
- ❖ American Council on Exercise acefitness.org
- ❖ America on the Move www.americaonthemove.org
- ❖ Barriers to Being Active Quiz: www.cdc.gov/nccdphp/dnpa/physical/life/barriers_quiz.pdf
- ❖ www.familydoctor.org
- ❖ Athletic shoe fitting and buying tips: www.acefitness.org

**Please note that these websites do not necessarily represent the views of New Mexico Health Care Takes On Diabetes (NMHCTOD). They are listed for your reference and convenience. NMHCTOD does not evaluate websites for content accuracy or application to any clinical situation.*

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