

Now that you know what you are going to do, is there anything else you need?

Remember to wear comfortable, properly fitted shoes and loose-fitting clothes that fit the weather and activity.

Don't forget to build a slow gradual start into your plan. You want this to be fun and to keep doing it - not quit in one week because of sore muscles. You will want to take time to warm up, cool down, and do some slow, simple stretches as you begin to exercise.

You are getting a great start to increasing the activity in your life. Please talk with your healthcare provider or call the OSF Saint Francis RiverPlex at 282-1600 if you have any questions. Having an active lifestyle could be the best thing you ever did for yourself! Visit our web site at <http://www.osfsaintfrancis.org/services/wellness/>



Form No. 799-0055 Rev. (04/03) MS

I'm Ready



to Think
About Exercise

Choose
HEALTH!



PEORIA, IL

Is now the time for you to begin to get more active? That's great! You must realize the many benefits that fitting exercise into your lifestyle can bring. Before you jump right in, take the time to get yourself ready. It is kind of like planting a garden. You can just throw some seeds on the ground and a few of them might grow. But if you take the time to really prepare the soil and get the supplies you need, you are going to have a great garden. Let's make sure your garden for exercise is well-prepared before you start!

If you are middle aged or older, inactive, are overweight, have a high risk or already have heart disease or some other chronic health problem, see your doctor before starting to exercise.

What type of activities will you do?

Walking, swimming, cycling, jogging, skiing, aerobic dancing or other activities like these are great for your heart and health. Even things like taking the stairs more often, playing outdoor games with children and playing with pets can be fun ways to increase the activity in your life.

Write several ways you are thinking about to increase your activity, be it structured exercise or part of your daily routine:

If you decide that walking is a great activity for you, choose a place that has a smooth, soft surface, does not intersect with traffic, is well lit and safe. You may find that your neighborhood is fine in good weather and the shopping mall will work when the weather is not so good.