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**Tips for Getting Started with Physical Activity**

1. **Choose an activity**.

* Walking is a great way to get started on a regular exercise program. Nearly everyone can walk, it's inexpensive to get started, and it's safe. Walking is the most common physical activity of choice for most people.
* Choose comfortable walking shoes. If needed, visit your local running or walking shoe store and ask for help in getting a shoe that fits well and gives your foot the proper support and cushion for walking on hard sidewalks and pavement.
* Find a safe place to walk away from busy traffic. If possible, walk in a park, a quite place by a lake or trail, or through a safe neighborhood that is quiet and peaceful.
* Gradually work up to at least 30 minutes of brisk walking daily. Walking hills, or adding fast walking surges in your daily walk can add additional fitness improvement.
* Walking is the primary activity promoted but you can choose to do any activity: walk, bike, hike, jog, swim, or 30+ other activities.  Just be sure not to overdo, and gradually increase intensity and distance to avoid injury or sore muscles.  If you already have an exercise routine, be sure to convert those activities into miles and include in your total miles.

1. **Make it fun!**The goal is to get moving and to make it a part of your daily life.  The best way to foster that is to make it enjoyable and to work exercise goals into what you are already doing.
2. **Invite an exercise buddy to join you on your walk or other activity.  It might be your spouse,** child, coworker or a friend.  Think about inviting a neighbor to walk with you daily.  What a great opportunity to become better friends and, as opportunities arise, share your faith and how God wants them to enjoy a healthy, happy life.