



QUICK TIP

IT TAKES 21 DAYS TO FORM A NEW HABIT. START YOUR NEW EXERCISE ROUTINE TODAY.

FITNESS NOT FAD

Making exercise a part of your lifestyle can greatly improve your quality of life. Exercise doesn't just help you lose and manage weight, but it can also reduce your risk for health conditions and complications from COVID-19.



SET A GOAL

Instead of saying, "I want to exercise more", create a SMART goal, otherwise known as a Specific, Measurable, Achievable, Realistic, and Timely goal that outlines exactly how you will accomplish it!



MAKE AN APPOINTMENT

It can be hard to fit exercise into your schedule. But, just like anything else on your to-do list, schedule a specific time for exercise. When you add this to your plan for the day, you are more likely to follow through.



SNEAK IN EXERCISE

The American Heart Association recommends 150 minutes of activity a week. If you struggle to get 30 minutes in every day, break it up into chunks, like using the stairs, parking farther away, or going on 10-minute walks during the day.