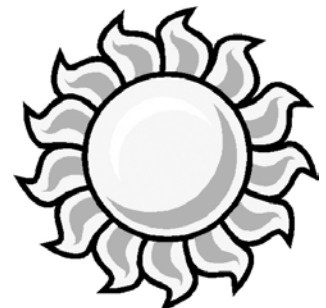


Dos and Don'ts for Physical Activity



Don't	Do
<ul style="list-style-type: none">• Don't begin exercising without a healthcare provider's consent.	<ul style="list-style-type: none">• Do get cleared before you begin.
<ul style="list-style-type: none">• Don't try to do too much too soon.	<ul style="list-style-type: none">• Do establish a new outlook on exercise. Think in terms of using energy.
<ul style="list-style-type: none">• Don't rely extensively on weight-training exercises—they can become boring!	<ul style="list-style-type: none">• Do plan enjoyable activities, like joining a volleyball team, a bowling league, or a cycling club.
<ul style="list-style-type: none">• Don't avoid opportunities to be active.	<ul style="list-style-type: none">• Do make a commitment!
<ul style="list-style-type: none">• Don't use your car anymore than necessary.	<ul style="list-style-type: none">• Do increase the amount of walking you do daily by using the stairs instead of the elevator, parking farther away from your destination, or walking to work.
<ul style="list-style-type: none">• Don't think of exercise as an effort.	<ul style="list-style-type: none">• Do think of it as FUN!



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