



Wellness Tip **Get Motivated and Get Moving!**

Regular exercise is important for mind and body health. Some tips to get you going:

- *Ask someone to be your exercise buddy.
 - *Listen to recorded books or music while doing endurance activities
 - *Set a goal and decide on a reward you will get when you reach it
 - *Give yourself physical activity homework assignments for the next day or next week.
 - *Think of your exercise sessions as appointments and mark them on your calendar
 - *Keep a record of what you do and of your progress. Understand that there will be times that you don't show rapid progress but you are still benefitting from your activities.
 - *Plan ahead for travel, bad weather and house guests. For example, using an exercise video
- National Institute on Aging

