



## Exercise



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### STICKING WITH IT CAN BE HARD. HERE ARE SOME TIPS TO HELP.

**Choose something you like to do.**

Make sure it suits you physically, too. For instance, swimming is easier on arthritic joints.

**Get a partner.**

Exercising with a friend or relative can make it more fun. It keeps you accountable, too!

**Vary your routine.**

You may be less likely to get bored or injured if you change your exercise routine. Walk one day. Bicycle the next. Consider activities like dancing and racquet sports, and even chores like vacuuming or mowing the lawn.

**Choose a comfortable time of day.**

Don't work out too soon after eating or when it's too hot or cold outside. Wait until later in the day if you're too stiff in the morning.

**Don't get discouraged.**

It can take weeks or months before you notice some of the changes from exercise, such as weight loss.

**Forget "no pain, no gain."**

While a little soreness is normal after you first start exercising, pain isn't. Take a break if you hurt or if you are injured.

**Make exercise fun.**

Read, listen to music or watch TV while riding a stationary bicycle, for example. Find fun things to do, like taking a walk through the zoo. Go dancing. Learn how to play a sport you enjoy, such as tennis.