

## Commit to Regular Activity

You may not be the type of person who wants to train for a triathlon and that's perfectly okay. You don't have to become a fitness buff to benefit from exercise and movement. Start by committing to getting activity regularly. Schedule exercise like any other appointment on your calendar and treat it as a commitment rather than something you squeeze in if you have time. Even if you can only allot 15 minutes at a time, schedule it.

Take a short walk. Walk at a leisurely pace at first if exercise is new to you. You can build up to a power walk. If that's not your thing, take a fitness class, swim laps or sign up for dance classes. Whatever exercise you start, build up slowly so you don't overwhelm yourself and give up. If your body isn't accustomed to regular exercise, build up slowly day by day so you don't get too sore and throw in the towel altogether.

A well rounded physical fitness regimen includes each of the following components:

1. Cardiovascular activities (walking, swimming, cycling, aerobics classes, dancing)
2. Strength training (using free weights or weight machines; calisthenics like push ups & sit up; resistance bands/tubes)
3. Flexibility exercises (yoga, general stretching)
- 4.

Use this space to list the types of exercises you will incorporate into your physical activity routine.