

Make the 1st Move

Step Up Your Exercise

The main reasons why people don't exercise are **lack of time and enjoyment**. Here are 3 ways to get exercise on your side, for good.

- **Watch for chances to be active.** Review the pluses (i.e., more energy, weight control, health benefits).
- **Create a plan.** Identify the results you want to achieve, such as core strength, daily walks to ease stress, or cardio workouts for overall fitness.
- **Forget boring activities.** Find activities that will get you up and moving.

In time, you may find the pleasure of **exercising** is in the feeling of movement and the way it boosts energy each day.