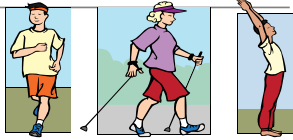


Get Active



**By exercising for as little as 30 minutes each day
you can reduce your risk of heart disease**

Regular physical activity:

- Lowers Blood Pressure
 - Increases good cholesterol
 - Lowers bad cholesterol
 - Controls Blood Sugar
 - Reduces stress
 - Controls weight
 - Lowers your risk for type 2 diabetes
 - Can help people with type 2 diabetes reduce their need for insulin
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Week 2

Tips for Becoming and Staying Active

- **Start Small:** Walk around the block, take the stairs, dance to your favorite music, or do a home exercise tape. As you become used to these activities increase your effort: increase your pace, lengthen your walk etc.
 - **Set your exercise goal:** Aim for 30 minutes a day on most days of the week. Ok to break the 30minutes into 10 minute segments.
 - **Exercise with a friend:** Ask a friend to start exercising with you. Having a partner can provide the motivation you need to keep at it.
 - **Vary your routine:** If the walk around the neighborhood feels worn out, try a hike on a nature trail. Tired of the stationary bike? Ride outside or switch activities completely. Try out the local pool. Alternate strength training with aerobics.
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