

EXERCISE TIPS

Select a specific time of day to exercise. Pick an activity you enjoy.

Establish realistic goals.

Start out slow and easy.

Be alert to symptoms such as chest pain or muscle cramps. Stop and rest when tired.

Aim for improvement, not perfection.

Be persistent. It takes time to get in shape.

Variety prevents boredom.

Don't let fluctuations in mood alter your workout.

Reward yourself for your efforts.