Physical activity and good nutrition are both part of a healthy lifestyle. Physical activity makes you feel good, doesn't have to cost a lot, can be worked into your everyday routine, and can be fun.

Everyone can benefit from regular physical activity. Exercise has been shown to protect against chronic disease, improve your mood, and lower your chance of injury. Regular physical activity can help control many medical conditions like heart disease, high blood pressure, Alzheimer’s, mood disorders, and obesity.

**Tips to help you create and stick to an exercise program:**

**Make it fun**
- Having fun and socializing are major reasons why active people say they exercise
- Find an exercise buddy
- Find activities that you enjoy doing

**Change it up**
- Doing the same thing over and over again can get boring
- Try new things, you may find a new favorite.

**Make it a routine**
- Make a schedule and stick to it

**Make it easy**
- Pick an activity that is not to hard for you to do, enjoyable, and easy for you to keep up with

**Make it safe**
- Check with your doctor before you try anything new

**Make it affordable**
- You do not need to spend a lot of money buying equipment or joining a gym, there are so many things you can do for free
- Flip to the back of this handout for low-cost ideas

**How much is enough?**

Adults and seniors should try for 30 minutes on all or most days of the week to get the health benefits linked to exercise and maintain a healthy body weight. If weight loss is your goal, you may need more.
Low-Cost Ways to get Moving

Walk or Jog
Walking is one of the best life time sports. It is easy on your joints, good for your heart and bones, and can help you lose extra weight. Try getting in a routine of walking with a friend or family member in the morning or after dinner.

Exercise Videos
Exercise videos can be fun and do not require a gym membership. Most public libraries rent exercise videos for free. Sometimes they can also be found on certain television channels. You can do them at your own pace in the comfort of your own home.

Weight Lifting and Resistance Bands
Buy a low-priced set of dumbbells and/or resistance bands or use things you have around the house such as cans of food or bottles of water. Muscle strengthening exercises are so important when it comes to staying healthy and fit.

Chair Exercises
Check out the exercise in the booklet, Chair Exercises for Fitness. These exercises can all be done while seated and will help improve your heart health and muscle strength.

Gardening
Weeding, digging, raking and planting are all good ways to build strength and burn calories. Gardening is also a great stress reliever and a rewarding activity to do with children or other family members.

Take the Stairs, Park Far Away
Sometimes, small changes can make a big difference. Park your car a little farther away from where you are going when the weather is nice. Take the stairs instead of the elevator. If you make a habit of trying to do these things everyday, they will add up to be beneficial to your health.

Exercise Tips to Remember

1. Ask your doctor before starting any exercise program
2. Start with small changes that you can turn into daily habits
3. Drink plenty of water (6-8 glasses/day)
4. Be consistent
5. Listen to your body and rest when needed

Check out our website at: web.uri.edu/snaped