



# Becoming Physically Active



Let your healthcare provider know before you start an exercise program. You will be checked for signs of heart disease or any other health problems.

You'll discuss activities that are best for you. In general, you will be encouraged to strive for 150 minutes of aerobic activity each week (30 minutes, 5 times a week) and strength training or resistant activities 3 times per week.

Work with your care team to set up a plan. Determine the type, frequency, length, time, and place of each activity.



You will need to balance your physical activity with the other parts of your management plan. Your food choices and/or medication may need adjusting. Your care team can help you do this safely.

Keep track of your physical activities. Reviewing your progress day-to-day will help you gain a sense of accomplishment, providing an opportunity to celebrate a job well done, and will motivate you to keep going. Switch activities if you find you do not enjoy the ones you are doing. Try not to give up on physical activity altogether.

**Begin with \_\_\_\_\_ (activity) for \_\_\_\_\_ minutes \_\_\_\_\_ days/week.**