



Heartland, I hear you, but I'm just starting out.  
What should I do?

Welcome! That is an important question.

**1** If you have any medical conditions, consult your doctor first.

OK, you have been given the go ahead by your doc, fantastic!

**2** Sit less, move more. That's easy. **MOVING** is the key.

Try this: when watching TV use the commercial breaks to get moving. When the ad starts stand up, then sit down, then stand, sit, stand, sit, . . . until the ad ends.

**3** Start slowly, gradually increase the time spent at this easy pace.

Try this: Set a goal - a small change that is realistic for you. "Starting today I'm going for a 10 minute walk, every day for the next two weeks."

**4** Once you adapt to more time, increase your effort until you feel yourself getting warm and notice an increase in your breathing. Continue at this moderate effort.

Try this: When you find your moderate effort comfortable it's time for the next step. Once warmed up pick up the pace, swing your arms, lengthen your stride. Seek out small hills or maybe some stairs. Go noticeably harder for a brief period (10-30 seconds) then drop back to your moderate effort for a few minutes, then do it again. There, you are now interval training just like the Olympians.

**5** Mix up your routine, all body movements count. Be creative, put it to music, find what works. This really is all about you. Celebrate!

Try these tips: Little things keep you motivated. Call a friend, make it fun. Build it into your daily routine, can you walk rather than drive? Take on household chores and yard work knowing you are being active as well. It's so good for your body, your mind and your soul. **KEEP MOVING!**

Your goal is **at least** 150 minutes a week at a moderate to intense pace. More is better. Think about five 30 minute brisk walks each week. Up that to 300 minutes (five one-hour brisk walks) - **PERFECT!**