

EXERCISE STRATEGIES



01: Try to exercise for one hour every day. You can break this into 15 minute chunks and it will still be as valuable.

02: Aim for exercise to be moderate to vigorous (Increases your heart rate and makes you breathe harder)

03: Try to do different types of activities and not just aerobic activity. (i.e. group sports)

04: Make a routine with a friend.

05: Try out different activities until you find activities you enjoy.

06: Try to get outdoors.

07: Remember every little bit counts. Set small goals and celebrate every time you are active (even if it is 15 minutes).

Source:

