

# Potty Pointers

## **Do What Moves You! Push Past Your Obstacles and Get Active**



Ask your physician. It's important to know what type and amount of physical activity is right for you.



Listen to your body. Consult your physician if you experience chest discomfort, dizziness, severe headache or other unusual symptoms.



Start slowly. Work up to daily physical activities of 30 minutes to improve health, 60 minutes to lose weight and 60-90 minutes to help maintain weight loss.



Keep an activity log to track your progress. Note when and how long you worked out, what activity you did and how you felt during your workout.



Ask family and friends to join you, and make it fun. Form walking groups with co-workers, play with your children outside or take a dance class with friends.



Set both short-term and long-term goals to keep motivated.



Choose a variety of activities to prevent boredom and keep your mind and body challenged.



Set rewards. Celebrate every success—you earned it!

Source: [www.newsinhealth.nih.gov](http://www.newsinhealth.nih.gov)