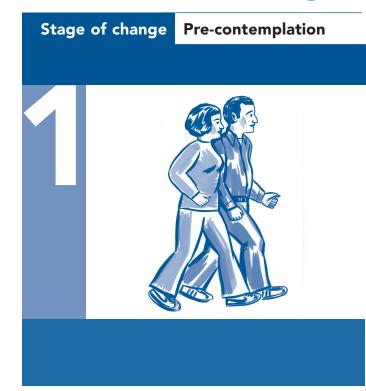


Exercise can be any physical activity you like to do that increases your heart rate. Below are some examples of moderate activity.

- Fast walking
- Dancing
- Digging and weeding in the garden
- Swimming

of the healthiest things you can do for yourself.
Think about it.

## Thinking about exercising





- I will think about it.
- I will talk with my doctor.



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This pamphlet is for you if you have never exercised and are **not** ready to start.



## What if I'm not ready to exercise?



You may not be ready for



## How would you like things to be different?

Check any that apply and/or

I would like to feel better.
I would like to have better-controlled blood sugar levels.
I would like to have more energy.
I would like to lose weight.

Add your own:



## What can exercise do for you?

Exercise has short-term and long-term benefits. Check any that you are interested in.

Short-term benefits:
It lowers blood sugar levels.
lt helps you handle stress better.
It helps you sleep better.
lt gives you more energy.
Long-term benefits:
lt helps keep weight under control.
☐ It helps improve blood pressure

- and cholesterol.
- lt helps prevent fractures.
- It helps improve pain from arthritis.