

Be active

A HEALTH ACTION Program

SAFETY TIPS

Physical Activity Tips:

- Go with a friend
- Choose a place that is safe, well lighted, free from obstacles, and has good ventilation.
- Always warm-up.
- During activity watch for danger signals:
 - Dizziness
 - Tightness in the chest
 - Lightheadedness
- Always cool down.
- Remember to stretch!

Get physical activity every day even if it's just a little! Have fun! Enjoy it!

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Drink Enough Water
(see inside back cover)

For more information call 274-6978!

Dress For Activity:

What to Wear

- Most important! Please wear walking shoes and/or sneakers to prevent injury, and help with balance. *Shoes/sneakers should tie or Velcro and have good arch support.*
- Loose fitting clothing to allow for free movement. *Long pants or shorts would be best choice.*
- Lightweight clothes to help keep the body cool.
- Cotton/cotton blends release heat and cool the body.
- Dress in layers. When warm, cool down by removing a layer.
- Socks keep feet cool and absorb shock.
- Sweatbands/loose fitting hats keep hairstyles neat.

What you wear makes a big difference in your workout. You want to feel comfortable both inside and out!

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About Water:

We need water because:

- Every cell in the body contains water
- Water carries nutrients and wastes into/out of cells.
- Water helps the body break down and use vitamins, minerals, sugar and proteins
- Water lubricates joints
- Water acts as a shock absorber
- Water helps to keep the body temperature normal

We lose water when we:

- Sweat
- Exhale
- Excrete waste

To stay healthy we need to replace the water we lose during the day!

When you exercise you need to drink more water.

MORE TIPS. . .

- ☞ *Tip: Carry groceries in a basket rather than pushing a cart for small grocery trips.*
- ☞ *Tip: Do chores or exercises during commercials when watching TV.*
- ☞ *Tip: Start a garden in your backyard, or get involved in a church or neighborhood garden.*
- ☞ *Tip: Check out your neighborhood recreation center or senior program.*
- ☞ *Tip: Walk your children/grandchildren to school!*
- ☞ *Tip: Take a neighborhood walk after dinner.*

Month _____

Record your daily steps!

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Total Steps	Weekly Goal	Goal Met <input checked="" type="checkbox"/>
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☞ Tip: Walk your dog - or volunteer to walk a neighbor or friend's dog.

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☞ Tip: Take the stairs instead of the elevator.

☞ Tip: Put on music as you cook, clean or do other chores and pick up the pace.

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👉 Tip: Put away the remote - get up whenever you change the channel.

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👉 Tip: Plan an active vacation. Go canoeing or hiking rather than sitting on the beach.

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 *Tip: Have outings with family and friends. Go dancing, bowling, or mini-golfing rather than to the movies.*

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 *Tip: Park farther away from your job or the store, and walk.*

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 *Tip: Use a portable phone, or one with a long cord and walk around or stretch when you are on the phone.*


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 *Tip: Wash the car by hand.*

 *Tip: Volunteer for a community garden.*

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 *Tip: Play with your children or grandchildren - don't just watch them play!*

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 *Tip: Do stretching exercises while you watch tv or a video.*

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☞ Tip: Use the restroom located farther away at work.

☞ Tip: Make bread by hand. You'll get exercise kneading the dough.

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☞ Tip: Get off the bus a stop or two early.

☞ Tip: Walk to nearby places if it's safe.

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