

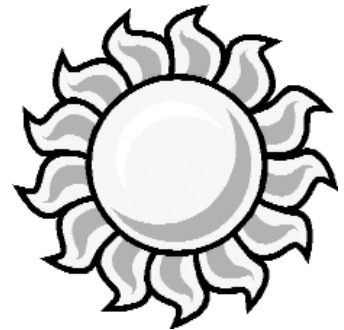
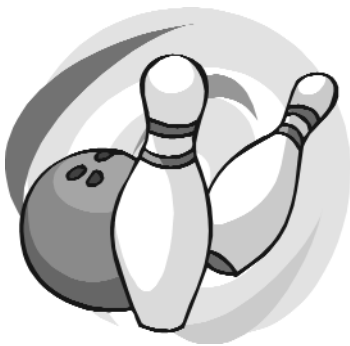
Exercise Dos and Don'ts

Physical Activity Dos:

- DO establish a new outlook on exercise. Think in terms of USING ENERGY.
- DO see your healthcare provider before making any big changes in your exercise habits.
- DO use stairs instead of elevators.
- DO increase the amount of walking you do daily by --
 - ✓ walking to work.
 - ✓ parking your car farther away from your destination.
 - ✓ getting off the bus a few stops earlier.
 - ✓ doing enjoyable walking (in the park, hiking, around the neighborhood).
- DO plan enjoyable activities, such as joining a volleyball team or a bowling league.
- DO reward yourself, but not with food.
- DO make a commitment to be active.

Physical Activity Don'ts:

- DON'T begin exercising without a health care provider's consent.
- DON'T try to do too much too soon.
- DON'T rely on calisthenics. They can become boring.
- DON'T spend money on exercise equipment or programs without weighing the benefits against the costs.
- DON'T use your car any more than necessary.
- DON'T think of exercise as an effort. Think of it as FUN!
- DON'T avoid opportunities to be active.



Reprinted with permission from University of Florida Extension Service publication "Let's Get Moving" Handout for Lesson 2 by Linda B. Bobroff, professor, Department of Family, Youth and Community Sciences, Florida Cooperative Extension Service. Distributed in Mississippi by **Dr. Jane Clary**, Associate Extension Professor, Food Science, Nutrition & Health Promotion.

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Information Sheet 1777

Extension Service of Mississippi State University, cooperating with U.S. Department of Agriculture. Published in furtherance of Acts of Congress, May 8 and June 30, 1914. VANCE H. WATSON, Interim Director (POD 11-05)