



Living an Active Lifestyle Top Ten Things to Remember

By Walter Ettinger, M.D.

1. Being physically active is the most potent way to improve your health.
2. Some physical activity is better than none; and, in general, the more the better. Strive for 30 minutes of moderate level activity on most days of the week.
3. Exercise is a great way to be active, but other activities (dancing, hiking, yard work, steps, etc.) count as well.
4. Walking is one of the simplest, safest and best ways to be active.
5. The best exercise is the one you like to do.
6. Physical activity can be helpful when you are trying to lose weight, but you should be physically active no matter what your weight. You can be “fit and fat.”
7. Being an active person takes work! Don’t get discouraged. Keep coming back to it.
8. Things that might help: Be active with a friend or spouse, use a step counter, keep a log book, be sure to be active on your days off.
9. If you are just starting, go slowly and build up your activity over several weeks. Remember, you’re in this for the long run!
10. Time is the biggest hurdle. Make a plan.

