

## Get Moving

Get your doctor's permission to start exercising.

Make sure you have supportive shoes and a safe place to exercise.

Start slowly—walking 15 minutes a day is a great place to start with you have not been exercising.

Gradually increase your pace and time.

Find an activity you enjoy—walking, biking, basketball, swimming, golfing—anything that gets you up and off the couch.

Locate a trainer in your area to work on specific fitness goals.

## Get Eating

Think “nutrient density” when purchasing food and eating out.

Choose a high fiber breakfast to start your day off right—steel cut oats and fresh fruit are a great choice.

Choose low sugar, high energy treats—fresh fruit and raw veggies make great snacks.

Choose water, unsweetened tea and coffee, or 1% milk for beverages.

Choose lean protein sources—skinless chicken, turkey, lean beef, salmon or tuna (packed in water), egg whites, and quinoa provide high-quality protein.

Choose fresh, frozen, baked, and grilled over canned or fried.

## Get Support

Join a walking group or sports team in your community.

Take a healthy cooking class.

Get an accountability partner to check in with each week.

Talk with your family and friends about your health needs and goals.