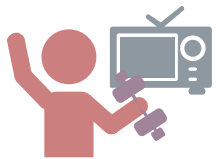




Physical Activity



Ways to incorporate physical activity:



- Walk or bike to errands instead of driving
- Always take the stairs when possible
- Listen to music as you clean your room
- Exercise while watching TV. Use commercials as an opportunity to stretch or lift weights.
- Go for a walk while making longer calls to friends and family
- Set up face to face meetings and walk to them instead of texting or video calling
- Sign up for a fun class at your local gym or recreational center
- Join a recreational sports team and play an old favorite sport or learn a new sport
- Add exercise into your schedule as you do your other commitments - and honor it!
- Take public transportation to explore LA during some downtime

Choose activities you enjoy doing, you find fun, and you will look forward to! Start slow and ramp up your routine over time. Take it as an opportunity to look into something you have always wanted to try, or becoming reacquainted with a favorite pastime. If you love it, the odds that it will be sustainable are much greater.

What are barriers to having an exercise routine?

1

2

3

4

What supports help you maintain an exercise routine?

1

2

3

4