

Let's Get Moving!

New to activity?

That's okay! Here's how to get started...

- 1. Start slow!** Begin with 15 minutes of activity per day and slowly increase your time when you feel ready.



- 2. Find an activity that you enjoy!** It is much easier to do physical activity when it is something you look forward to doing.

- 3. Get comfortable!** Find a pair of shoes that will support your feet and wear exercise clothes that are comfortable for you.



- 4. Stay hydrated!** Don't forget to drink water before, during, and after activity to refuel your body.

Talk it out...

During exercise, your level of intensity should be to the point where you can still talk, but cannot sing.

Safety First!

How to stay safe during exercise

- 1. Warm up!** Warm up with aerobic activity for 5-10 minutes to wake up your muscles.
- 2. Stretch!** After warming up, stretch your muscles to prevent muscle strain and injury.
- 3. Modify your workout!** If you are experiencing any pain or discomfort, ask a fitness instructor for exercise modifications.
- 4. Cool down!** It is important to relax and stretch your muscles after exercise in order to return your heart rate to normal and to prevent muscle soreness.

Revised by Danielle D'Auria, UGA Senior Nutrition and Dietetics Student

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