

How Do You Stay Active and Exercise?

- Moving your body helps you feel less stressed and more happy every day
- Exercise can boost your energy and help you sleep better
- Being active can also help you think more clearly and help you remember more, especially as you get older



Tips to Start Exercising Every Day



Start Small

- You don't need to do it all at once! (even 5 or 10 minutes counts)
- Try walking around your home, stretching, or dancing to your favorite music
- Start small and build up; missing a day or two is okay—just keep going



Make Exercise Fun

- Choose things you enjoy: walking, dancing, swimming, gardening—even chores—can help you get more fit
- You don't have to go to the gym; your body moving at home is just as good!



Exercise Should Be a Part of Your Everyday Routine

- Walk while talking on the phone or during TV ads to distract yourself
- Use stairs instead of the elevator when you can, or take the stairs at home
- Set a reminder to stretch every hour and try to move every single day



Set Simple Goals and Celebrate Your Wins

- Example: "I will walk 10 minutes after dinner three times this week"
- Use a chart, calendar, or app to track your progress, and treat yourself when you meet your goals



Make Time to Notice the Benefits

- Pay attention to how you feel after moving—maybe you're in a better mood or have more energy due to the endorphins that come from exercising
- You might sleep better, feel less stressed, or think more clearly
- Noticing the good things helps you want to keep going!



Buddy Up

- Ask a friend or family member to join, or exercise regularly with your pets so it becomes a part of their routine, too
- Exercise is more fun with a partner and studies show that having partners helps you stay consistent



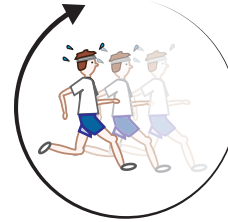
How Do You Stay Active and Exercise?

Things You Should Avoid

AVOID



Being hard on yourself



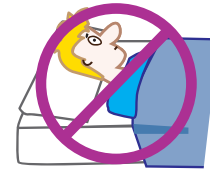
Doing the same thing each day



Doing too much too fast



Waiting for motivation



Skipping rest

- **Trying to do too much too fast:** Don't push yourself to do long or hard workouts at the beginning. Slow and steady is safer and easier to stick with.
- **Being hard on yourself:** Don't say, "I can't do this." Say, "I'm trying my best, and that's great."
- **Waiting for motivation:** Wanting to work out doesn't always come first. Start moving anyway.
- **Skipping rest:** Your muscles need time to recover. Try activity one day, rest or go easy the next.
- **Doing the same workout every day:** Mix it up so you don't get bored. Try walking one day, dancing the next.

Wrong Ideas People Often Believe About Exercising

"I have to go to the gym for at least an hour every day."

TRUTH: No! You can move at home, at work, or outside. Even 10 minutes at a time helps. Add them up through the day.

"I'm too tired to exercise."

TRUTH: Moving more will actually give you more energy over time.

"I'm too old, too heavy, or not fit. I can't work out!"

TRUTH: It's never too late to start. Just start with what feels good for you.

When to Talk to Your Health Professional

- If you have a health problems that make it hard to move, like heart or joint issues
- If you feel dizzy, very tired, or are in pain during exercise
- If you want help making a safe and easy plan to get started with exercising
- If you want to make big changes to your food or take vitamins or supplements; these can affect your medicines



Neuroscience Education Institute

Last updated 04/2025