Trying to be more active?
Let LifeWorks Wellness help you get started.

Exercise plays a major role in maintaining a healthy weight, lowering your risk for heart disease and other medical issues, and boosting your energy. If you’re looking for ways to start exercising more, here are a few tips.

• **First—talk with your health care provider**, especially if you don't currently exercise regularly or if you have any medical conditions such as diabetes, high blood pressure, heart disease, obesity, or a family history of heart attack or high blood pressure.

• **Start small.** Research shows that exercising for 10 minutes three times a day provides many of the same health benefits as exercising for 30 minutes straight.

• **Look into structured exercise activities**, such as a class at a gym or your local Y. If you prefer to work out at home, try an exercise DVD, or see if your TV service includes on-demand workout videos.

• **Plan ahead for exercise.** Block off time in your daily schedule for exercise. Try not to exercise too close to bedtime so that it doesn’t keep you awake.

• **Find other people to exercise with you.** Take a bike ride with your child or make a date to walk or jog with a friend or your partner.

• **Set exercise goals and reward yourself when you reach them.** For example, if you manage to exercise three times a week for a month, treat yourself to something special.

Need more ideas? You can work with a personal LifeWorks health coach on the phone or online to help you make a plan to start and stick with an exercise program. Or go to [www.lifeworks.com](http://www.lifeworks.com) and click on Wellness Tools under Quick Links to access helpful, easy-to-use online tools. Try our exercise planner to help you set exercise goals, record daily exercise in a health log, or try an Exercise Workshop.

**Call LifeWorks at 888-267-8126 and ask about how health coaching can work for you or visit [www.lifeworks.com](http://www.lifeworks.com) (username: university; password: dayton) and click on the Wellness feature to enroll online.**