

# EXERCISE STRATEGIES



**01: Try to exercise for one hour every day. You can break this into 15 minute chunks and it will still be as valuable.**

**02: Aim for exercise to be moderate to vigorous (Increases your heart rate and makes you breathe harder)**

**03: Try to do different types of activities and not just aerobic activity. (i.e. group sports)**

**04: Make a routine with a friend.**

**05: Try out different activities until you find activities you enjoy.**

**06: Try to get outdoors.**

**07: Remember every little bit counts. Set small goals and celebrate every time you are active (even if it is 15 minutes).**

**Source:**

