

> Creating a physical activity plan

Physical activity improves your lung and heart health, helps you sleep better at night, increases your energy during the day and improves your overall well-being.

Step 1 Talk to your doctor

Talking to your doctor is an important step in deciding which physical activities are safe for you. Ask if you need a physical exam (sometimes called an exercise stress test) before you start a new program to determine what activities are right for you. Once you start your exercise program, contact your doctor right away if you experience shortness of breath, chest pain, dizziness or severe nausea during a workout.

Step 2 Choose what you like to do

Physical activity can take many forms. Think of the things you like to do indoors or outside that involve movement, and build a list.

Here are some ideas:

- > Jogging
- > Walking
- > Biking
- > Gardening
- > Yoga
- > Swimming
- > Team sports, such as kickball or baseball

Step 3 Create an activity plan

Use the chart on the back of this flyer to plan out your week with activities you enjoy.

Step 4 Keep going!

Update your activity log (see reverse) every time you feel low or unmotivated. Change up what you're doing, try new activities and keep going! Every step you take will help you feel better.

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Physical activity tips

Get the most out of being active by following these tips:

- > Choose an activity you enjoy
- > Start with easy, short activities and build on them to avoid injury
- > Warm up before you start
- > Stretch when you're finished
- > Drink plenty of water

Health plans in Oregon provided by Moda Health Plan, Inc. Dental plans in Oregon provided by Oregon Dental Service. 6112435_OEBB (03/12)



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Activity	Schedule	Duration
<i>Example:</i> Walk with Julie	Thursdays at 6 p.m.	1 hour