



10 Exercise Tips

Activity strengthens your digestion.

Mindful activity – activity is important, start slowly, and begin gradually.

So if you are going to work out a lot, work up to it gradually and don't jump to 10 miles.

- 1. Walk**
- 2. Work out with a friend**
- 3. Play with your kids**
- 4. Walk your dog**
- 5. Park a little further from the store entrance and take extra steps to get to the store**
- 6. Walk in the mall**
- 7. Use the stairs instead of elevators. This will give you cardio benefits**
- 8. Get off a stop or two earlier if you taking the bus. Walk extra blocks to your destination**
- 9. Dance**
- 10. Start an exercise log**



Note: Walking can actually heal many diseases like, depression, obesity and it can lower cholesterol.