EXERCISE

HOW TO START AN EXERCISE PROGRAMME

- Make gradual changes that stick
- Stand instead of sitting (within reason)
- Walk instead of just standing
- Exercise 20-30 minutes three (3) times a week (or just start where you are comfortable, however movement should be done)
- Do not exercise alone (walk/run with a friends, spouse, or dog)
- Stand instead of sit (Within reason)
- Walk instead of just standing
- Run instead of walk
- Exercise 20-30 minutes three (3) times a week (or just start where you are comfortable, however movement should be done)
- Do not exercise alone (walk/run with a friends, spouse or dog)