



# EXERCISE

## HOW TO START AN EXERCISE PROGRAMME

**Make gradual changes that stick**

**Stand instead of sitting (within reason)**

**Exercise 20-30 minutes three (3) times a week (or just start where you are comfortable, however movement should be done)**

**Walk instead of just standing**



**Do not exercise alone (walk/run with a friends, spouse, or dog)**

### PARTNERS



University of Technology, Jamaica  
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- Run instead of walk
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