

Most people know that physical activity is good for them and that being physically fit can help prevent falls. Getting started on an activity program often seems too difficult. Some people set their expectations too high and set themselves up to fail. By breaking down activities into smaller segments, you will find that you are actually doing more than you realize.

Here are a few tips to increase your chance of success:

### **Step 1 – Get started...**

Start your day with some gentle stretching exercises. You can even stretch in bed before you get up. Take short walks around your home, down the hallways if you live in an apartment, or to the mailbox.

### **Step 2 – Get a walking buddy...**

Ask a friend to walk with you. You will act as a support system for each other.

### **Step 3 – Be realistic...**

Don't try to do too much too soon. Start with doing activities for a few minutes a day. Even 10 minutes three times a day adds up to 30 minutes of activities.

### **Step 4 – Keep track...**

Using a chart or writing your activities on the calendar acts as a motivator. It can also boost your self-esteem when you see how much you have done.

### **Step 5 – Make it a habit...**

Look at the activities you do every day and make it a habit to do things a little differently. Walk all the aisles in a store. Park a little farther away when you shop. Take the stairs when you can. Exercise while you watch TV.

### **Step 6 – Have fun...**

Do things that you enjoy. Having another person do activities with you makes it more enjoyable. Remember the rewards:

- Better sleep
- Less stress
- More energy
- Better self-esteem
- Relaxation
- Prevention