Living Well Tip of the Week

Exercise is one of the best ways to slow or prevent problems with muscles, joints, and bones. (National Library of Medicine)

**TIPS FOR EXERCISE SUCCESS:**

- Choose a variety of activities that are fun, not exhausting
- Wear comfortable, properly fitted footwear and clothing appropriate for the weather and activity
- Find a convenient time and place to do activities
- Surround yourself with supportive people or find yourself a workout buddy
- Don’t overdo it. Slowly increase the duration and intensity of your activities as your become more fit
- Be sure to balance strength training, cardiovascular and flexibility exercises
- Keep a record of your activities and reward yourself at special milestones

Start an exercise program today! Register for the 2010 UT System-Wide Physical Activity Challenge starts this Week!
Go to [www.livingwell.utsystem.edu/challenge10.htm](http://www.livingwell.utsystem.edu/challenge10.htm) for more information.