Help Your Heart and Body Stay Healthy

1. Find an exercise activity you like to do:
   ♦ Walking
   ♦ Gardening
   ♦ Basketball
   ♦ Aerobics
   ♦ Lifting Weights
   ♦ House Cleaning

2. Exercise at least 3 times a week or more

3. Do your exercise for 20 minutes or more each time

4. Remember to check with your doctor before starting any new exercise program