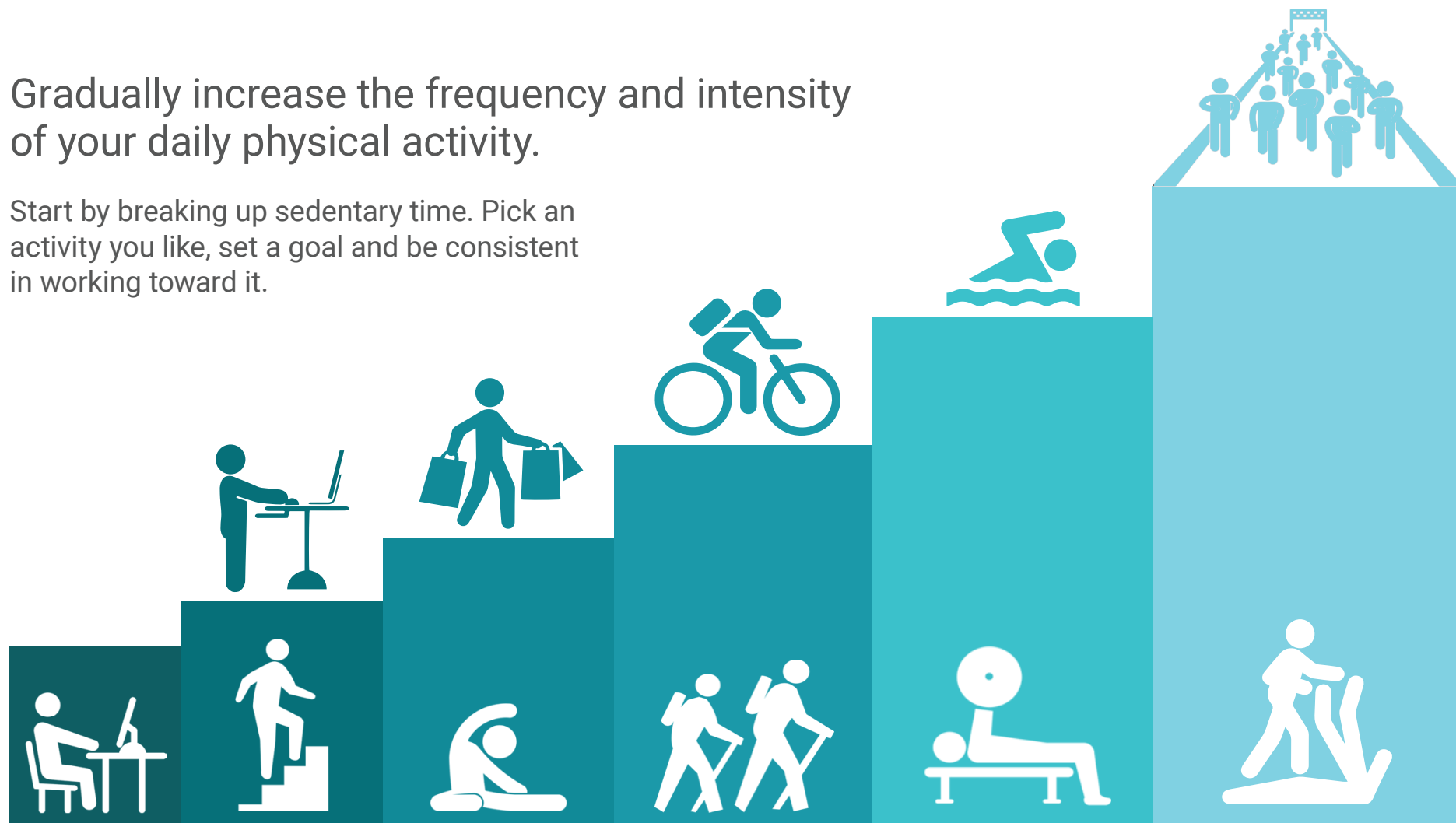


Gradually increase the frequency and intensity of your daily physical activity.

Start by breaking up sedentary time. Pick an activity you like, set a goal and be consistent in working toward it.



**BREAK UP SEDENTARY TIME**

E.g. take the stairs, park farther away.

**ADD ENJOYABLE ACTIVITY TO YOUR DAY**

E.g. golf, hiking, gardening, bicycling, yoga.

**SET AN ACTIVITY GOAL**



ExRxMed  
Physical Activity Graphic

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