

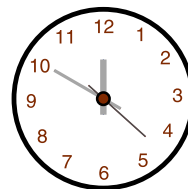
Things to Remember When Starting an Exercise Plan

GET AN OK



FROM YOUR DOCTOR
OR HEALTH CARE PROVIDER

CHOOSE A GOOD TIME



TO EXERCISE

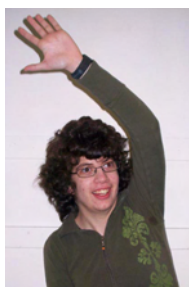
WEAR THE RIGHT CLOTHES



- Sweat pants
- T-shirt
- Tennis shoes



STRETCH FIRST...



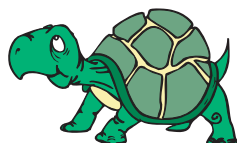
with trunk side bends

...THEN WARM UP



beginning with shoulder rolls

START SLOWLY



EXERCISE REGULARLY



Use a calendar to mark the days
and times that you want to exercise