



# HOW TO ENGAGE IN AEROBIC EXERCISE

**TOO BUSY? HERE ARE SOME SIMPLE TIPS  
TO HELP YOU GET STARTED.**

## FIND WHAT WORKS FOR YOU

Start with activities, locations, and times you enjoy. For example, you might like morning walks in your neighborhood; others might prefer evening yoga in the living room.



## START SMALL

The CDC recommends 30 minutes of exercise a day for 5 days a week. Break 30 minutes of exercise into smaller increments. For example walk for 15 minutes in the morning and 15 minutes in the evening.



## GET CREATIVE

You do not need a gym to be active. Search free videos on YouTube, such as yoga or zumba, to follow along in the comfort of your own home. Activities at home such as gardening, cleaning, or stair climbing are considered exercise as well.



## FIND A BUDDY

Try activities with others in your household or community for motivation and mutual encouragement. Group classes at the YMCA are a great way to socialize and meet others.

