

GET STARTED



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set a goal



set a goal

be active

get a routine

increase time

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Set a goal and make being active a priority.

Get a comfortable pair of walking shoes, and then be prepared by keeping your shoes at work or in the car! Walk with a friend, a group, or with your dog for at least 10 minutes at a time. **GET STARTED!**



U.S. Department of
Health and Human Services
Centers for Disease
Control and Prevention