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set a goal

get started!

- Set a goal and make being active a priority.
- Get a comfortable pair of walking shoes.
- Be prepared by keeping your walking shoes at work or in the car.
- Start slowly to avoid stiff or sore muscles and joints.
- Begin walking faster, going further, and taking longer walks over the next few weeks.
- Walk for at least 10 minutes at a time.
- Walk with a friend or a group, or with your dog.



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