



American Heart Association
Heart Disease and Stroke Prevention

Good

GET INTO WORKING OUT

Make it easy on yourself to Move More with these tips and tricks.

1. Make It Yours

Lean into your own personality to get into the groove. Your favorite music, your ideal time of day and activities you actually enjoy are more likely to keep you motivated.

2. Stay Supported

Make sure you have the right gear for each activity for added comfort and support. That may mean a moisture-wicking shirt, sports bra, or shoe inserts.

3. Break It Up

