

# GET STARTED



01

set a goal



set a goal

be active

get a routine

increase time

01

## 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

