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BLOG

3 Questions to Ask Before You Start Moving More

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How Should I Build Up?

- Ask where a safe starting point is
- Ask how fast to add minutes

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Which Activities Fit My Health?

- Mention heart or joint problems
- Ask about walking, swimming or classes

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How Does Activity Fit My Medicine?

- Ask how activity supports your plan
- Ask about strength work to protect muscle
- Ask what helps if your plan changes

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Read the full article

Physical Activity While Losing Weight: How Much and What Kind

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General information, not medical advice. If you have a heart condition, joint pain or another health problem, ask your provider which activities are right for you.