

# 7 Tips to Stay Safe While You Are Active

Fitting activity into your daily routine may be hard to start, but once you do, you'll find lots of everyday, simple things that help keep you active.

Here are some things you can do to stay safe while you are active:

1

If you haven't been active in a while, start slowly and build up.

2

Learn about the types and amounts of activity that are right for you.

Adults (18-64) = 2 1/2 hours each week

Kids/Teens (6-17) = 60+ minutes per day

Young Kids = should be active every day

3

Choose activities that are appropriate for your fitness level.

- Walking
- Strength training
- Stretching
- Biking

4

Build up the time you spend on one activity before moving on to others that take more effort.

5

Choose a safe place to do your activity.

6

Use the right safety gear and sports equipment.

7

See a healthcare provider if you have a health problem.



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