

## > Physical activity

# Get moving for life

Physical activity improves your lung and heart health, helps you sleep better at night, increases your energy during the day and improves your overall well-being. It's easy to add physical activity to your day. Here are some steps to get started.

### 1 Talk to your doctor

Talking to your doctor is important to help decide which physical activities are safe for you. Ask if you need a physical exam (sometimes called an exercise stress test) before you start a new program. Once you start your exercise program, contact your doctor right away if you experience shortness of breath, chest pain, dizziness or severe nausea during a workout.

### 2 Choose what you like to do

Physical activity can take many forms. Think of the things you like to do indoors or outside that involve movement, and build a list.

Here are some ideas:

- > Jogging
- > Walking
- > Biking
- > Gardening
- > Yoga
- > Swimming
- > Team sports, such as kickball or baseball

### 3 Create an activity plan

Use the activity log on the back of this flyer to plan out your week with activities you enjoy.

### 4 Keep going!

Update your activity log every time you feel low or unmotivated. Change up what you're doing, try new activities and keep going! Every step you take will help you feel better.

### Physical activity tips

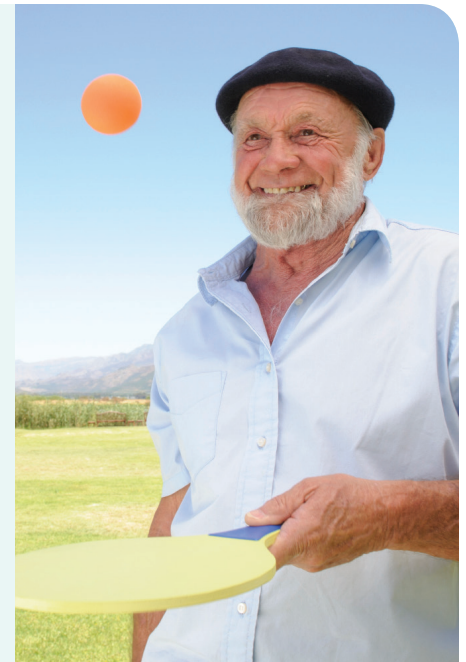
Get the most out of our your active lifestyle by following these tips:

- > Choose an activity you enjoy
- > Start with easy, short activities and build on them to avoid injury
- > Warm up before you start
- > Stretch when you're finished
- > Drink plenty of water

### Get more online.

Log in to myModa at [modahealth.com](http://modahealth.com) to get more out of your health plan.

[over >](#)



### Questions?

Please call 877-277-7281 or email [careprograms@modahealth.com](mailto:careprograms@modahealth.com).



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