



SAFE MOVEMENT IN YOUR NEIGHBORHOOD

Move in ways that support your body.



WHY MOVE SAFELY?

Movement can help improve energy, strength, and overall health. Starting slowly and safely helps you build a routine that lasts.



FOCUS ON: START SMALL

Begin with 5–10 minutes at a time and build up slowly.



FOCUS ON: LISTEN TO YOUR BODY

Stop if you feel pain, dizziness, or shortness of breath and contact your care team.



FOCUS ON: BREAK UP SITTING

Stand up and move every 10–15 minutes throughout the day.



FOCUS ON: KEEP IT SIMPLE

Walk in place and in your community, stretch, or move during daily tasks.



PRACTICAL TIP

Use your daily routine as your reminder to move—watching TV, phone calls, or while cooking.



FOCUS ON: STAY CONSISTENT

Aim to move a little each day. Progress, not perfection.

REMEMBER

Small steps can support your strength, energy, and long-term health.