



## Track Your Exercise for a Lifetime of Health

Whatever physical activity you enjoy, 30 minutes a day most days of the week will have positive, lasting benefits on your overall health. For example, if you begin a walking program you may find that you lose a little weight and increase your endurance. Invite a group of friends, buy a pedometer and enjoy the outdoors!

Visit <http://win.niddk.nih.gov/publications/walking.htm#howstart> to learn more about starting a walking program. The web site [spiritofwomen.com/walkwithspirit](http://spiritofwomen.com/walkwithspirit) also has online tools like a step tracker to keep you motivated. Use the grid below to start tracking your progress and note other health differences you experience.

Day	Activity/Duration	Health notes
1		
2		
3		
4		
5		
6		
7		
8		
9		
10		
11		
12		

### Clinician Recommendations

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