

# TIPS TO ENCOURAGE PHYSICAL ACTIVITY

## Participate in the sport activities of your city



**Did you know that EOI organizes walks?  
Find out about them!**

It will be very easy to find an association or organization that offers walks, races or other similar sport activities

## Use daily activities to do exercise



**Go upstairs instead of taking the elevator or walk to work, school or go shopping**

Walking one hour a day will be enough. You will regulate hypertension and cholesterol, will avoid obesity and will strengthen the cardiovascular and bone system

## Define your goals



**Do not forget that you will not get your achievements in one day. Do not despair and continue till you get your goal!**

Do not try to do everything at the beginning. You usually make the mistake of wanting to take on the commitment daily and this may be unrealistic. It is advisable to start twice a week and gradually increase the frequency and intensity of activities

## Do sport in company

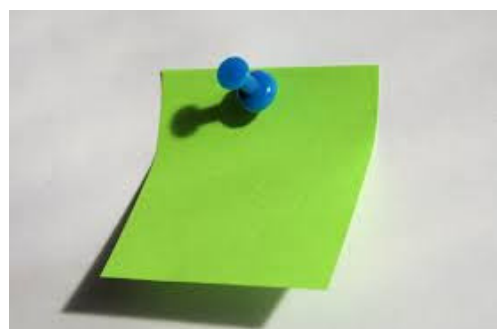


**It is a good way to motivate and encourage each other**

Take advantage of your free time to enjoy the family doing exercise. Surely, taking advantage of the ice rinks at Christmas or spending an afternoon doing water sports will be an unforgettable and fun bet

## Put reminders

**Remember that it is a new activity and should become a habit**



It will be difficult to incorporate it immediately. Use reminders like placing an alarm on your mobile or putting your sneakers in sight. It is a way of remembering that now it is part of your life