

Get Started with Physical Activity

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¿Sabes qué? Most Latinas—60% of us—are not physically active. ¡Basta! Let's change that story!



Many of us are intimidated by what “physical activity” means. Health education research shows that some people don't even like the word “exercise.”

We hear the words “physical activity” or “exercise” and we imagine pictures of sweaty, skinny chicas in their tight little outfits at the gym and we say, “¡Ay, no!” “¡Chale!” “Forget it!”

Get started with physical activity and move your body!

Honestly, comadres, it's not that big of a deal. Here's our official DLM advice about being fit:

¡Move your body! ¡Enjoy it!

Dance it. Love it. Walk it. Bike it. Run it. Grow a garden with it. Please it. Be proud of it. Stop comparing it.

Move it as much as you can. Engage in a fun physical activity at least five days a week for 30 minutes a day and give yourself a big ¡Eso! (Maybe even a ¡beso!)

Here are some of the top benefits of physical activity:

- Gives you energy
- Improves your mood
- Improves your confidence
- Improves your sex life (¡Créemelo!—Believe it!)
- Helps you manage stress
- Helps you lose weight
- Helps you control your weight
- Lowers your risk of heart disease, diabetes, and some cancers

So...how long have you been thinking about it? Are you ready to get started with physical activity? We recommend the simple joy of walking to get moving. But remember, there are many ways to rev up your physical fitness game.

Fun is the best success booster! Find a fun physical activity and enjoy it.

Here are some steps to take to get started:

1. Make a simple plan and write it down.

Example: My goal is to walk two times this week for a total of 40 minutes.

2. Share the plan with your comadres.

Research shows that if you tell someone you want to make a positive change, your chances of success go up.

3. Schedule it and put it on your calendar.

Example: Walk with Carmen on Monday at 5pm at the mall.

4. Get a pair of comfy shoes.

There's no need to break the bank.

5. Walk to the music!

If you go alone, take Selena, Carlos Vives or Shakira with you!

LOVE THIS: Carlos Vives, Shakira - La Bicicleta

6. Start slow and build up.

You can start on a healthy 30-minute walk early in the morning, after lunch or after work.

Research shows that you can break it up into two 15-minute walks with the same benefits.

7. Keep an activity log.

8. Take a water bottle.

9. Dogs in your hood?

Hello, walking stick!

!Acompañanos!

Join De Las Mías!

¡Unidas for a Healthy Life!