

Teaming Up for a Healthy TomorrowSM — a program from Aetna and Magic Johnson Enterprises. Our goal is to help improve health and wellness in our urban communities.

Stay active for better health

Getting the right amount of exercise can be easier than you think. Talk to your doctor about what is right for you.

Ask your doctor

- How much should I exercise?
- What types of activity are good for me?
- Can you help me write out a plan that fits my lifestyle?

Tips for increasing activity

- Take small steps when you need to. For example, park farther away or use stairs instead of an elevator. Every little bit counts.
- Make exercise a regular part of your day.
- Choose activities that you enjoy and can do easily. You can walk almost anywhere.
- Get the whole family involved. Walk the dog, play in the park, and clean the house together.

Keep track of your progress

- Write down the exercise you do each day.
- Write down your goals.
- Review your goals and results with your doctor at each visit.

Have fun while staying active.

Ask your friends and family what they do for exercise. Team up with them for even more fun.

Use the Web to get smarter about your health

www.PlanForYourHealth.com
www.communityvitality.com



Community Vitality is a health literacy initiative for the public from Aetna and Magic Johnson Enterprises. Aetna is the brand name used for products and services provided by one or more of the Aetna group of subsidiary companies, including Aetna Life Insurance Company and its affiliates (Aetna). Health information programs provide general health information and are not a substitute for diagnosis or treatment by a physician or other health care professional.