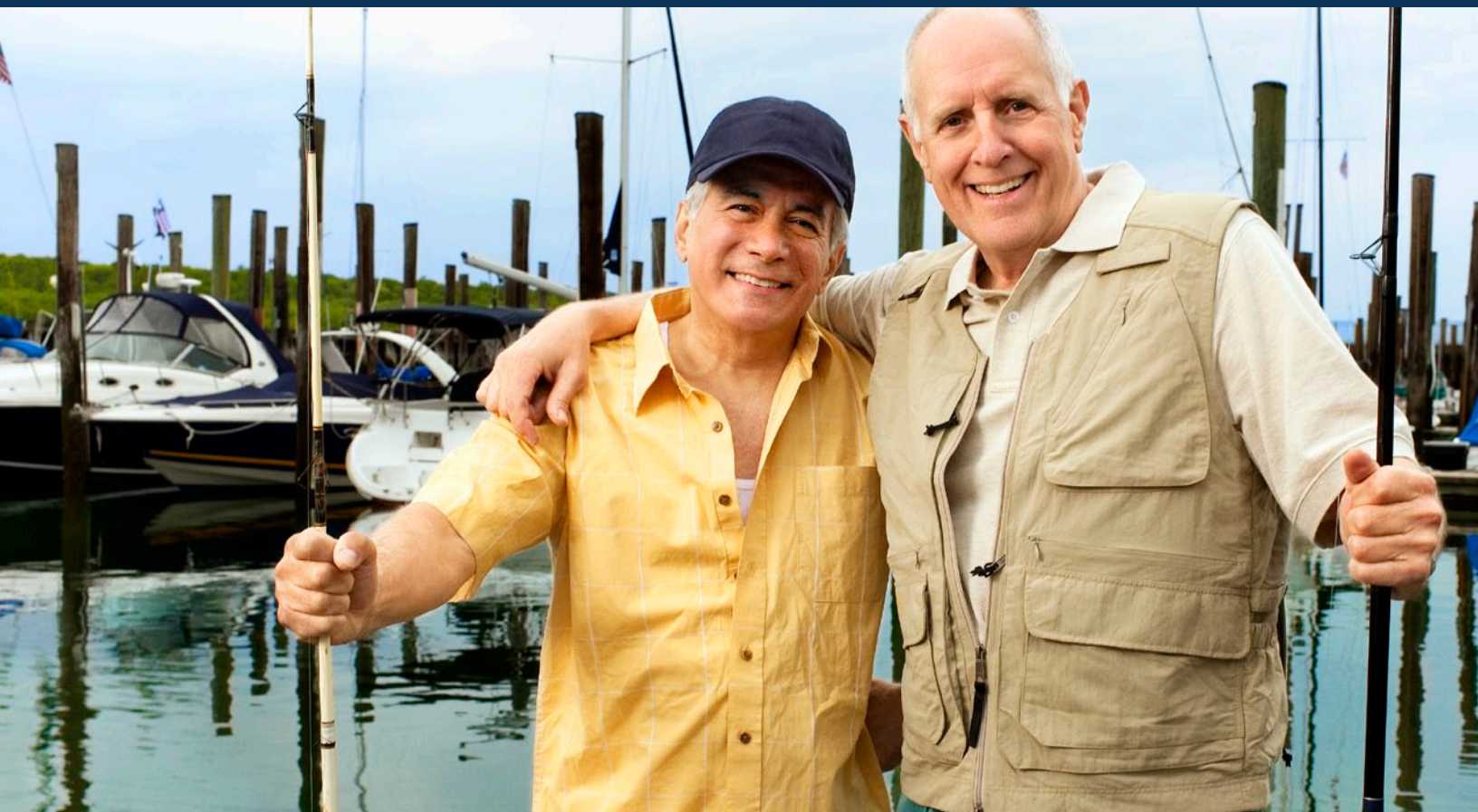


# Getting Active Guide



**Developing a regular routine of moderate physical activity can be good for your heart—and your outlook. But before you start, there are a few tips that may help:**

- **Talk with your doctor**—Because atrial fibrillation (AFib) is a serious disease, you should work with your doctor in developing an appropriate activity program. Together, you can determine what activities—and level of doing them—is right for you.
- **Make it fun**—Activities shouldn't be work. So stick to ones that you enjoy.
- **Start slowly**—Begin at a comfortable level. Only do more when you and your doctor feel it's right.
- **Bring along a friend**—Exercising with someone else can make it easier to get started and help keep you motivated.
- **Keep it simple**—It doesn't have to be push-ups or sit-ups to count. So take advantage of the activities that are part of your everyday life. Take a walk. Rake some leaves. Park a little farther away at the grocery store.
- **The secret is in the doing**—Doing some activity is better than no activity at all.

To track your own physical activity program, print out the next page....

# My Physical Activity Program



Now that you know what to do, put on some sneakers or comfortable shoes and get started. The chart below can help.

Show it to your doctor and decide together what program of activities is best for you.

Once you begin, use the chart to keep track of your activity. Then, bring it with you to your next doctor visit so you can discuss your progress.

Date	Activity	Goal	How long	How intensely	Notes