

# STICK WITH IT



03

get a routine



set a goal

be active

get a routine

increase time

03

## Build walking into your routine.

Put it on your calendar. Set goals to increase steps, track your progress in a log, and buddy-up for encouragement. Remember that each step adds up. **STICK WITH IT!**



U.S. Department of  
Health and Human Services  
Centers for Disease  
Control and Prevention