



Getting started: **MOVE to a Healthier YOU!**

Get the ok from your physician if you have any health problems before you begin.

Ask for support from family & friends.

Figure out your activity style—do you plan ahead, fit exercise in when you can, or have another style? Do you exercise best alone or with others?

Be realistic when setting your goals. Be incremental. Begin with 3 days of regular activity to get your pedometer readings. Set goals to increase on a regular basis.

Pedometers can help you set goals. Learn how to use one and wear it regularly. Keep your Promise Passport Journal to record your progress and to set your goals.

Wear comfortable, supportive shoes with arch support as needed.

In rainy weather or with limited time, walking in your home or around the exterior of your house or apartment can add steps & increase your activity.

Great websites:

www.pbs.org/americaswalking

www.americaonthemove.org

www.cdc.gov/nccdphp/dnpa/obesity

For more information:

www.bristolspromise.org bristols_promise@yahoo.com

YMCA 423-968-944

Bristol's Promise, Margaret Feierabend 423-764-3336

The following Check-in Stations are open to the public; your workplace can register to be a check in station, use the contact info listed above to let us know.

Check in during the week listed on your Promise Passport Journal.

Wellcare Center	Bristol Mall		Mall hours
Bristol Family YMCA	Edgemont Ave Bristol TN	423-968-3133	5 am to 9 pm, M-F 8am-6pm Sat 2 pm-5pm Sun
YWCA of Bristol Women Only	State St. & Pennsylvania Bristol TN	423-968-9444	8a, till 7pm Mon-Fri, Sat 8am till 1pm.
Slater Center	McDowell St Bristol TN	423-764-4023	8 am to 5 pm M-F
Find A Way Center	600 Mary St Bristol VA	276-591-1710	8 am to 5 pm M-F
Contours Express Women Only	971 Volunteer Pkwy	423-652-0032	8am to 7:30pm M-Th 8am to 7pm Friday 8am – 1 pm Sat
ValuCare	Food City Volunteer Pkwy	423-764-2213	9am – 6 pm M-F 9am – 3pm Sat Closed Sun & holidays



Bristol's Promise:
Youth Networking Alliance
www.bristolspromise.org