• **Q:** I’ve been exercising for some time now. Why am I not seeing any more real improvements?  
**A:** As your body gets used to a level of exercise, you’ll need to vary your exercise or do more in order to see additional progress. If you are able, do your activities longer, farther, or harder. Do the activities more often or add new physical activities to your routine.

• **Q:** Do I get enough physical activity in my regular day-to-day activities?  
**A:** One way to find out is to check your Activity Log. Did you list physical activities that get your body moving, such as yard work, walking the dog, raking leaves, or climbing stairs? How about weight training or an aerobics class? There are many ways to be active every day. The key is to do all four of the major types of exercises regularly and increase your level of effort over time.

• **Q:** Is it better to join an exercise class or group, or exercise on my own?  
**A:** There are many ways to be active. The key is to find activities you truly enjoy. If you prefer individual activities, try swimming, gardening, or walking. Dancing or playing tennis may be for you if you enjoy two-person activities. If group activities appeal to you, try a sport such as basketball or join an exercise class. Some people find that going to a gym regularly or working with a fitness trainer helps them stay motivated.