**Are the Olympics calling your name?**

If not, that’s OK. You can still be active, without being a pro.

Getting more activity is easy when you follow these tips:

* Plan. Figure out what you’ll do, where you’ll do it, and for how long.
* Buddy up. Find a friend or family member to work out with you.
* Experiment. Keep your workouts interesting by trying new exercises or activities.
* Keep track. Use an app or an exercise log to track your progress.
* Be social. Join a fitness club, post your success stories on your favorite social network – or join an online community.
* Be prepared. Keep your shoes out, your workout clothes visible and gym bag packed.

For more inspiration on how to be more active, visit **healthpartners.com/healthyliving.**