SHAPE America Virtual Race
Tips for Success

1. **Do what’s right for you** — Check with your doctor and pick an activity (biking, walking, running, ergometer, or another way to increase your heart rate) and intensity level that makes sense with your ability level. Remember, you don’t need to complete the race all at one time unless you want to! If you need to, make the race more manageable by doing it over multiple days or weeks.

2. **Wear the right gear** — Be sure you are wearing the right shoes for your choice of activity.

3. **Family = Friends** — Exercising with the family you live with helps you complete your goals. Ask a live-in family member if they would like to get moving with you! Having a buddy can help you stay accountable during your training and help make sure you stick to your training plan. Find times during the daily routine to get the family moving like after dinner or before lunch.

4. **Take steps to reach your goal** — Small steps can lead to Big Feats! Make sure you plan how you will achieve your movement goals.

5. **Adjust and reevaluate** — Rest matters. Make sure you are getting sleep and resting your body when you need to.

6. **Make it fun!** — It doesn’t have to be just another race. This is your chance to individualize it and make it your own. Plan your race day course. Include fun places to see, such as your favorite park. Maybe even plan to end your race at your favorite restaurant.

Don’t know how you’re going to fit “one more thing” into your schedule?
Talk It Out! Use your movement time to chat with a friend on the phone or call a family member you might not have talked to in a while. Look at you, you’re multitasking!