GET INTO WORKING OUT

Make it easy on yourself to Move More in cold weather with these tips and tricks.

1. **Make It Yours**
   Lean into your own personality to get into the groove. Your favorite music, your ideal time of day and activities.

2. **Stay Supported**
   Make sure you have the right gear for each activity for added comfort and support. That may mean a new moisture-wicking shirt, sports bra, or shoe inserts.

3. **Break It Up**
   It’s OK to break up your total physical activity goal into shorter sessions. Aim for at least 150 minutes per week. 10-minute bursts a few times a day can get you there without feeling overwhelming.

4. **Build It In**
   Create space in the natural flow of your life to add activity so it doesn’t feel like a chore. Sneak it into quality time with family and activities you’re already doing.

5. **Give It Time**
   It can take a while for a behavior to become a habit. Try to be active around the same time each day – even if you don’t go all out every time – to help the routine stick.

6. **Keep It Going**
   If you miss a day or a workout, don’t worry about it. Skip the guilt and focus on what you will do tomorrow!

For more ideas on staying active, visit heart.org/MoveMore