

MOVE MORE | Make it Count!



Move More On Your Own

It's really not that hard to fit in fitness. Every time you stand up and do something, you're taking a step in the right direction. Every minute you move adds up, so make your me-time count!

- When you're bored or frustrated, or just have some time to kill, go for a walk. It's an excellent way to clear your mind and re-energize.
- Join a recreational sports team or league. Think softball, basketball, volleyball or soccer. You'll get active and make new friends, too!
- Always wanted to learn how to dance, do karate or shoot a bow and arrow? Take lessons or find an online tutorial and teach yourself! It's never too late to pick up a new skill and get more active.
- Check out your local recreation centers, community arts programs, museums and other resources that may offer free or low-cost activities.
- If you're in a city with a bike share program, sign up so that a bike ride is always an option when you're out and about.
- When you find yourself waiting somewhere or standing in line, do some micro-movements that won't be noticed by others, like glute squeezes, abdominal contractions and pelvic floor exercises. Your core will thank you!
- Get active for a good cause. If you live to help others, active fundraising events like the Heart Walk are a great way to do something healthy while giving back. Volunteering in your community can also be a moving experience.

TIPS FOR SUCCESS

- Many things we typically do sitting down can just as easily be done standing or in motion. Get creative!
- Try a fitness tracking app or device to remind you to do something active several times a day.
- Keep your energy up for activity with healthy lifestyle choices like eating smart, handling stress, practicing mindfulness and getting enough sleep.

POWER UP!

When you're out walking or biking, throw in some short, one-minute intervals at a faster pace to boost the intensity for more health benefits.