**GET INTO WORKING OUT**

Make it easy on yourself to Move More 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 you actually enjoy are more likely to keep you motivated.

**2. STAY SUPPORTED**
Make sure you have the right gear for each activity for added comfort and support. That may mean a new sports bra, moisture-wicking shirt, 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 of moderate aerobic activity per week. Short 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!