Move More Month is about taking steps that help you sit less and stay in motion no matter where you are! Try these activities to get started.

**03 WEEK**
- Forgo fashion and wear a pair of comfortable athletic shoes all day. See if you’re able to move more.
- Stand up and move for one minute every time you get a call, text, email or social media alert. Pick whichever one gets you moving the most or get up for all of them!
- Long phone call? Don’t sit down—walk while you talk!
- Do some active cleaning today. Sweeping, raking, mopping, cleaning windows, washing the car by hand or vacuuming will get your heart pumping while you tidy up.
- See how long you can a hold plank position. If it’s too easy, try lifting one leg.

**04 WEEK**
- Pull some weeds, or plant something outdoors. No yard? No problem. Try container gardening or working at a local community garden.
- Clear some space, put on your favorite music and take a dance break. Dance like no one’s watching!
- Pick up the pace while walking or exercising today for a burst of intensity.
- Practice 1 minute of deep breathing to help you refocus and relax.
- Stand up and take several deep breaths as you raise your arms above your head on the inhale and lower them back to your sides on the exhale. Do this anytime you need a quick energy boost!

©2020, American Heart Association a 501(c)(3) not-for-profit. All rights reserved. Healthy For Good is a trademark of the AHA. Unauthorized use prohibited. DS15991 3/20

Get more tips and motivation at heart.org/MoveMore