

# Move More

No matter what your current health condition is, being active will give you a better quality of life.

## Why is being active important to me?



Be there for friends and family



Do things I love to do



Improve your mood



Improve sleep



Avoid chronic illness



Maintain healthy weight

## What do I choose to do?

### Move more

#### Moderate

Breathing a bit harder but still able to talk



Brisk walking



Easy cycling



Playing catch

#### Vigorous

Breathing fast and cannot easily talk



Running



Fast cycling



Playing basketball

#### How much?

Aim for at least **150 minutes each week**  
(You can do less if you exercise harder)



For example, 30 minutes a day for 5 days.

### Build

#### Strength



Weight lifting



Doing pushups or squats



Doing heavy chores

#### Balance



Dancing



Practicing yoga



Doing martial arts



**How much?**  
**2 days per week**

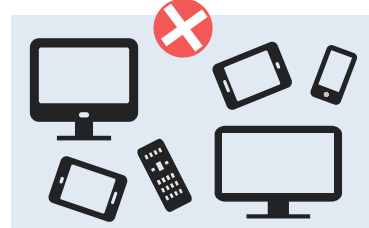
#### Activity tips:

- None is bad, some is good, more is better.
- Start small and build up a little at a time.
- Just 10 minutes at a time is enough to benefit you.

### Sit less

#### Limit

TV, computer, and other screen time



#### How much?



**Less than 2 hours per day**  
(outside of work or school)

#### Break up sitting time

Every 20 to 30 minutes stand up and move around for 2 to 3 minutes (even at work)



All activities shown are examples — you can pick your own.

# You Can Learn to Move More

To make new daily routines, you need to experiment to find what works best for **you**.

Pick something you want to do now.

I want to try:

Be honest with yourself about what you are really ready to work on.

You'll learn what works for you by trying and creating your own formula.  
Follow the steps below.

## 1 Make a Plan. Planning out the details will help you succeed.

### Pick a small step

Pick a small step toward your goal.

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Connect this step to a prompt or reminder.

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### Prepare

What resources could help? (Time? Gear? A class? An app?)

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Who will support you? (A friend? A family member? A fitness professional?)

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What changes to your environment would help? (Keep workout bag packed?)

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### Think ahead

What might get in the way or make this harder?

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What can you do when that happens?

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What will inspire you to keep going and have fun?

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## 2 Act and Track. Try out your step for a defined period.

Start date: \_\_\_\_\_

How will you keep track of what you do? \_\_\_\_\_

Review date: \_\_\_\_\_

Who will you be accountable to? \_\_\_\_\_

## 3 Reflect and Adjust. You can learn from whatever happens. There's no failure if you keep learning. Adjust your plan and keep going.

How did it go, and what did you learn? \_\_\_\_\_

What will be your next small step? \_\_\_\_\_

Be sure to celebrate what you did and what you learned!

Keep trying and learning!