LiVe Well

FACT SHEET FOR PATIENTS AND FAMILIES

Live Well, Move More

No matter what your current weight or 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?**

- Moderate: 150 minutes per week
- Vigorous: 75 minutes per week
- That's about 30 minutes on most 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

**Sit less**

Limit

- TV, computer, and other screen time

**How how much?**

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

**Break up sitting time**

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

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.

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.
     - Connect this step to a prompt or reminder.

   - **Prepare**
     - What resources could help? *(Time? Gear? A class?)*
     - Who will support you? *(A friend? A family member? A fitness professional?)*
     - What changes to your environment would help? *(Keep workout bag packed?)*

   - **Think ahead**
     - What might get in the way or make this harder?
     - What can you do when that happens?
     - What will inspire you to keep going and have fun?

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!*