

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



catch

Vigorous

Breathing fast and cannot easily talk



Running



Fast cycling



basketball

How much?

Moderate

150 minutes or per week

That's about **30** minutes on most days **Vigorous**

75 minutes per week

OR a mix of both

To lose weight, get twice as much activity

Build

Strength



Weight lifting



Doing pushups or squats



Doing heavy chores

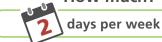
yoga Doing martial arts

Balance

Dancing

Practicing

How much?



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





How much?



Break up sitting time

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

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	I want to try:	Be honest with yourself about what you are
do now.		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	Prepare	Think ahead		
•••	Pick a small step toward your goal.	What resources could help? (Time? Gear? A class?)	What might get in the way or make this harder?		
		Who will support you? (A friend? A family member? A fitness professional?)	What can you do when that happens?		
	Connect this step to a prompt or reminder.	What changes to your environment would help? (Keep workout bag packed?)	What will inspire you to keep going and have fun?		
2	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?				
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 What will be your next smal Be sure to celebrate what you did	l step?			

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