









# 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?

<b>Move more</b>		<b>Build</b>		<b>Sit less</b>
<p><b>Moderate</b> Breathing a bit harder but still able to talk</p>  <p>Brisk walking</p>  <p>Easy cycling</p>  <p>Playing catch</p>	<p><b>Vigorous</b> Breathing fast and cannot easily talk</p>  <p>Running</p>  <p>Fast cycling</p>  <p>Playing basketball</p>	<p><b>Strength</b></p>  <p>Weight lifting</p>  <p>Doing pushups or squats</p>  <p>Doing heavy chores</p>	<p><b>Balance</b></p>  <p>Dancing</p>  <p>Practicing yoga</p>  <p>Doing martial arts</p>	<p><b>Limit</b> TV, computer, and other screen time</p> 
<p><b>How much?</b></p> <p>Aim for at least <b>150 minutes each week</b> (You can do less if you exercise harder)</p>  <p>For example, 30 minutes a day for 5 days.</p>		<p><b>How much?</b> 2 days per week</p> 		<p><b>How much?</b></p>  <p><b>Less than 2 hours per day</b> (outside of work or school)</p>
		<p><b>Activity tips:</b></p> <ul style="list-style-type: none"> <li>• None is bad, some is good, more is better.</li> <li>• Start small and build up a little at a time.</li> <li>• Just 10 minutes at a time is enough to benefit you.</li> </ul>		<p><b>Break up sitting time</b></p> <p>Every 20 to 30 minutes stand up and move around for 2 to 3 minutes (even at work)</p> 

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? An app?)

\_\_\_\_\_  
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!

Keep trying and learning!

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