



## MOTIVATION TO HELP YOU MOVE MORE

Use these tips to help you move more every day, no matter where you are! Click on each title for more information.

### Move More at Work

- 1. *Work out at work.***

Add activity to your work day. Take 10-minute walking breaks, schedule walking meetings or walk to a nearby restaurant for lunch instead of driving to get up on your feet and break up your day.
- 2. *Stuck at your desk?***

Try doing some yoga or stretching during downtime. Ten minutes of stretching is like walking the length of the football field. No matter where you are, every move counts.
- 3. *Fuel up.***

Snack on healthy carbs like vegetables, fruits and whole grains so you'll have the energy to be physically active, even after a long day at work!
- 4. *Take the stairs.***

The elevator may go up — but it doesn't up your opportunities for activity. Take the stairs instead, even if only for a floor or two. You may huff and puff at first, but over time, your body will thank you.
- 5. *Buddy up.***

Find a physical activity accountability partner and schedule time to walk together at work. The coworker who always holds you to your deadlines can also help you reach your fitness goals.
- 6. *Fit in walking.***

Being more active doesn't have to take up a lot of time. You can walk just about anytime, anywhere, and every 10-minute session you accomplish at work counts toward your goal of at least 150 minutes per week.
- 7. *Join the team.***

Team sports can be a fun way to get active. Join a recreation center or league in your community and round up your coworkers for an informal game.



## Move More Outdoors & With Your Pet

8. **Park and go.**  
How many times have you circled the parking lot to find that “rock star” spot? Spare yourself the stress by parking farther away (or even in a remote lot) and walking the rest of the way to your destination.
9. **Dress for success.**  
Make sure you have the right gear for added comfort and support. That may mean a new sports bra, moisture-wicking shirt, or shoe inserts.
10. **Break it up.**  
It’s OK to break up your total physical activity goal into shorter sessions. Get started by taking the dog for one 10-minute walk every day. Ten-minute bursts a few times a day can get you to your goal without feeling overwhelming. And your furry friend will thank you!
11. **Pick up the pace.**  
When walking, running or cycling, increase your speed from leisurely to brisk or choose a route with more hills or inclines. Or alternate moderate and vigorous intensity. You’ll get a more intense workout in the same amount of time.
12. **It’s a dog’s life.**  
A dog can be a great walking or running companion. If you don’t have one of your own you could volunteer at a local shelter, help out a neighbor who is too busy to walk their dog, or start a dog-walking service!
13. **Get your garden on!**  
Gardening, lawnmowing and yard work are a great way to get active outdoors. No yard? No problem. Try container gardening or a local community garden.
14. **Play ball.**  
Head outside anytime to enjoy some fresh air and a quick game of fetch or keep-away. Even if you only have 10 or 15 minutes to spare, you and your pet will get some exercise and bonding time.



## Move More at Home

15. ***Fitness first.***  
Shake up your family's after-school/after-work routine. Join your kids for a bike ride or shoot some hoops before starting on homework and chores. You'll all feel better and think better!
16. ***Just dance.***  
Instead of heading right for the TV or game console after dinner, make that family activity time. Clear some space, put on some music, and take a dance break! Let each person take a turn as DJ so everyone's favorites get played.
17. ***Be an active parent.***  
Experts say that what kids want more than anything else is time with their parents. To give them that, don't just send them out to play — go play with them! Unleash your inner child with fun games like chase, tag and kid-friendly obstacle courses!
18. ***Make active chore cards.***  
Let each family member draw a card each day with a different active task that needs to be done. Cleaning up after dinner, walking the dog, taking the trash out, folding laundry and unloading the dishwasher are all good ways to get your family up off the couch — and get the chores done.
19. ***Tune into fitness during TV time.***  
Walk or jog in place or on a treadmill, lift weights, or do yoga while you watch your favorite shows. Break up a TV binge with a 10-minute activity session between episodes. Or challenge the kids to see who can do the most burpees, pushups or jumping jacks during commercial breaks.
20. ***Change up date night.***  
An evening out with your spouse or bestie doesn't have to mean dinner and a movie. Keep a list of activities that would be fun to do together, like walking, bowling, miniature golf, dancing, indoor rock climbing, or hula hooping! Get creative — the possibilities are endless.
21. ***Do it anyway.***  
Didn't make it to the gym before it closed? Create your own circuit workout at home! No equipment needed, just a little willpower and creativity.



## Move More — Anytime, anywhere!

22. **Schedule it.**  
Having trouble making time for physical activity? Set an alarm on your phone or schedule it on your calendar. Try to be active around the same time each day to help the routine stick.
23. **Set a goal & keep going.**  
Having a goal will help you stay on track and sharing it with others can help you keep yourself accountable. If you're the competitive type, challenge friends, family or coworkers and see who can consistently meet their goals over time. If you miss a day or a workout, don't worry about it. Skip the guilt and focus on what you will do tomorrow.
24. **Fight fatigue.**  
Alternate sitting and standing during the day. Wear comfy shoes you can easily walk in or use insoles to keep your legs and feet feeling supported.
25. **Go mobile.**  
Catching up on phone calls? Walk while you talk – in your neighborhood, on a treadmill or around your house. If you use a headset or earbuds, make sure you can still hear traffic.
26. **Get a kinder, gentler workout.**  
Try mindful movement like yoga, tai chi or qi gong. These gentle mind-body practices may leave you less stressed and more relaxed while improving your health.
27. **Do what you love.**  
Find activities that fit your personality and motivate you to stick with them. If you're a social person, try a group dance class, a kickball team or walking with a group of friends. If you prefer time alone, yoga or running might be a better fit for you.
28. **Stay active when you travel.**  
Don't take a vacation from fitness. Instead of a bus tour, see the sights by walking or bicycling. If you'll be spending a lot of time in an airport, walk while you wait! Throw a jump rope or resistance band in your suitcase. And take advantage of the hotel fitness center or swimming pool.
29. **Get active for a cause.**  
If you live to help others, active community events like the Heart Walk are a great way to do something healthy while giving back. Some even offer fitness training, team opportunities and prizes!
30. **Warm up to warming up.**  
A proper warm-up (and cool-down) can help you improve flexibility and avoid injury. You'll feel better after every workout and be more likely to stick with it.