12 Healthy Habits

Habit 4: Get Moving

A YEAR OF BUILDING A HEALTHY LIFESTYLE

BENEFITS:

- Increases energy

- Better stress management

- Helps manage weight

- Helps control arthritis, diabetes, blood pressure and cholesterol

- Keeps bones strong

- Lower risk for heart disease, colon cancer and diabetes

- Slows signs of aging

GOAL:

- Work out 30 minutes, 3 days a week to start and increasing to 5 days

Adapted from Cooking Light Magazine

Be a Body in Motion!

We have all heard the saying "a body in motion stays in motion". Getting into the habit of exercising on a regular basis is essential to optimal health, both physically and mentally. It is easy to fall into a sedentary lifestyle where we sit more than move. The key is to get started moving and then keep the momentum going.

Start with a plan. Exercise doesn't happen unless it is a conscious decision. Think about what time works best for you—are you an early morning person or an after dinner or work person? Set a consistent time for exercise. Next, think about what you like to do. If you don't enjoy your workout, you are less likely to continue. Do you love walking outside or do you prefer to swim? Do you prefer group exercise such as a class at a gym or do you prefer working out in your own home? Fit your exercise routine to your lifestyle and personality.

Walking is a great exercise that doesn't require any equipment other than a good pair of shoes. Walking burns an average of 305 calories an hour and you can increase your speed or terrain to increase the intensity. Experts recommend mixing things up in your walking routine to maximize your workout. Inclines and intervals can make walking more challenging and fun. Include a hill in your route which will engage different muscle groups as you go up and down. You can also use intervals of different speeds to create interest and burn more calories in a shorter time period.

Try walking very fast for 60 seconds and then slow to a moderate pace for 2-3 minutes and repeat. Whether you use a treadmill or walk outside you can make your workout more interesting.

No matter what exercise you choose, make sure you stay hydrated by drinking water before, during and after exercising.

Once you start moving, keep it up by making it a normal part of your routine. Choose a partner to help keep you accountable or work out together.

So make a plan to get your body in motion and you'll find renewed energy and strength.

Getting Started

Check with your doctor before starting an exercise program

⌄

Choose an activity you enjoy

⌄

Develop a daily plan:
⇒ Set realistic goals
⇒ Start slowly and gradually build up
⇒ Make it convenient
⇒ Make it fit your schedule

⌄

Have fun and keep going!

10,000 Steps

To keep our bodies moving, we need to aim for 10,000 steps each day (one mile equals about 2000-2500 steps). Every little bit helps and adds to our daily total. Use a pedometer to keep track of your steps as you develop the habit of walking more.

Here are some ways to sneak in more steps:
⇒ Take the stairs
⇒ Park out further in the lot
⇒ Take a five minute walking break when sitting for long periods
⇒ Walk around when talking on the phone
⇒ Take the dog for a walk
⇒ Avoid the drive through at the bank, cleaners, pharmacy, etc. and go inside
⇒ Walk to the mailbox each day
⇒ Take advantage of local walking trails
⇒ Find a friend to walk with daily

Be Well Rounded in Your Fitness Routine

Cardio (Endurance)	Resistance (Strength)	Flexibility
Cardiovascular (or aerobic) exercise raises the heart rate and strengthens the heart and lungs. .	Resistance is used to contract muscles repeatedly and strengthen them	Stretching the muscles and increasing balancing ability increases your range of motion and decreases the risk of falls
Walking/Jogging Aerobics Jumping Rope Bicycling Water Aerobics Swimming Dancing	Calisthenics Weights Bands	Yoga Tai Chi Stretches

Eat Breakfast

Get Cooking

Eat More Fish

Get Moving

Good Fats

Go Meatless

Veggie Up

Get Stronger

Sugar Down

Make Grains Whole

Portion Power

Be Mindful