

R.E.A.L Goals: Increase Movement

(Realistic, Easy, Attainable, Life Goals)

Example: I will move my body for 30 minutes a day, three times a week.

Possible benefits:

- Decreased risk for heart disease, stroke, and high blood pressure
- Decreased risk for some cancers and type 2 diabetes
- Weight management
- Reduced stress and anxiety
- Improved sleep
- Improved mood



Getting started:

- Before starting an exercise routine, assess your fitness level by consulting your doctor.
- Remember, something is better than nothing. Just get in some kind of movement each day.
- Start slow and then progress into doing more. This takes time, so don't expect results immediately.
- Do different activities so you don't get bored.
- Try YouTube and search for new workouts. They're all free!
 - (HIIT workout, yoga, strength-building workout at home)
- Do activities you actually enjoy!
- You're more likely to stick with it if you do activities in nature.
- Try a fitness watch or the MyFitnessPal phone App to help track movement and maintain habits.
- Encourage family, friends, or coworkers to join you!

Squeeze movement into your day:

- Make it the first thing you do in the morning; it could be stretching, ten minutes of yoga, or a simple abdominal workout (crunches, plank, bicycles).
- Block out time slots in your calendar and set digital reminders. (e.g., Set an alarm on your phone to do ten squats every hour).
- Do household chores (sweeping, mopping, standing while folding laundry).
- Ride a bike instead of driving locally. It may take a little longer, but think of it as your exercise time.
- Take the stairs instead of the elevator.
- Take the stairs to a bathroom on a different floor.
- Make one of your 15-minute breaks a movement break (walk, stand up and stretch, do leg raises).
- Park farther away in the parking lot. If you commute by bus or subway, get off at an earlier stop.

- Walk, lunge, or do calf raises when you're on the phone, brushing your teeth, walking to the bathroom, or waiting at the copier.
- Walk your dog (or a friend's dog or dogs at an animal shelter).
- Propose walking meetings instead of traditional sit-down meetings at work.
- Play the music loudly while doing housework and dance a bit between chores.
- Use hand weights or items with weight found around the home to do biceps curls/extensions when reading emails.
- Move your body while watching your favorite show; go for a walk while listening to a podcast.
- Get up during commercial breaks or in between bingeing episodes.

Online resources:

- Search [WebMD](#) - Fitness 101: The Absolute Beginner's Guide to Exercise
- [Classpass.com](#) or search in your phone app store
- [Onepeloton.com](#) - has different workouts led by personal trainers
- YouTube - Search for workouts (Zumba, HIIT, yoga, Tai Chi, ab workouts, strength training)

Explore more [Real Goals and Supplemental Resources](#)

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