



## R.E.A.L. Goal<sup>SM</sup>: 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
- Helps with managing weight
- 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, 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; 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 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)

To choose another goal, go to: [prevea360.com/realgoals](https://prevea360.com/realgoals)

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