

STEPS TO SUCCESS

Finding time and motivation for movement doesn't have to be complicated! Increasing your daily steps by walking or jogging is an excellent strategy for building a healthy, active lifestyle. Follow these steps to ensure success!

STEP 1: MAKE A PLAN

Planning time for movement is key for staying on track to meet your activity goals. Use our weekly movement planner below to ensure a successful week of active living!

STEP 2: GET PREPARED

Make sure you have all the tools you need to be successful! A comfortable pair of shoes and clothing that allows for wide range of motion are a great place to start. For outdoor movement in the winter, have cold weather accessories on hand such as hats and gloves. In warmer temperatures, wear sunblock and carry a water bottle to stay hydrated.

STEP 3: JUMP INTO ACTION

Time to get moving! Plug into your favorite playlist or invite friends or family to be active with you. Celebrate mini milestones, like meeting all your movement goals three days in a row. Have fun, and remember why you started!

REASONS TO GET MOVING!

- ▶ Reduce stress and improve your mood
- ▶ Get better sleep
- ▶ Reduce risk of major illnesses
- ▶ Strengthen your muscles and bones
- ▶ Increase confidence
- ▶ Boost energy, focus and productivity
- ▶ Help manage a healthy weight

WEEK 1	MOVEMENT GOAL FOR THE DAY	ACCOMPLISHMENTS	NOTES
Example: SUN: 3/12	Get at least 20 minutes of movement in during my lunch break.	25-minute walk with my co-worker	Walked to the stop sign and back. Feeling energized. Glad I wore my gloves
SUN:			
MON:			
TUE:			
WED:			
THU:			
FRI:			
SAT:			
WEEK 2	MOVEMENT GOAL FOR THE DAY	ACCOMPLISHMENTS	NOTES
SUN:			
MON:			
TUE:			
WED:			
THU:			
FRI:			
SAT:			

