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## **CHOOSE TO MOVE**®

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# **How Can I CHOOSE TO MOVE<sup>SM</sup>?**

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*Choose To Move is the American Heart Association's physical activity program created just for women. About 480,000 American women die each year from cardiovascular disease, including stroke. Staying physically fit can help you feel better and live longer.*

Incorporate physical activity into your everyday life. Not only will it help you manage your stress and weight — and feel better about yourself — but you will reduce your risk factors for cardiovascular disease and stroke. Your body will thank you! Accumulating at least 30 minutes of physical activity most days of the week can be done without drastically changing your everyday routine. Simple, progressive changes can make a huge difference!



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### **Week One: On Your Mark... Set... Goals!**

The first step to getting physically fit is setting realistic goals. This is an important part of changing your lifestyle. Get a pen and paper and identify your goals and barriers.

- What is important to you?
- What helps you be active?
- What keeps you from being active? What can you do to remove those barriers?

Now, create realistic short-term goals and identify special (non-food) ways to reward yourself when you reach them.

Some examples are:

- Four days this week I will take a 30-minute walk. I will reward myself by seeing a movie this weekend.
- By the end of the week I will go to the grocery store and stock up on fresh fruits and vegetables. I will reward myself by going on a picnic.

Track your goals and your progress in a journal. Each day, write down what you felt, how you reacted, what you ate, and how you fit physical activity into your day.

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### **How can I make time?**

If the thought of setting aside 30 minutes is daunting, it's OK! You can break it into three 10-minute pockets of time.

- Invite a co-worker to join you for a walk the last 10 minutes of your lunch break.
- Take the dog for a 10-minute walk after work.
- Grab the kids and go for a 10-minute stroll after dinner.

