
CHOOSE TO MOVE®

How Do I CHOOSE TO MOVESM at Home?

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.

Heart disease is the No. 1 killer of women every year; stroke is No. 3. And while reducing this risk by increasing your activity is the best thing you can do for you and your family, it seems that women often put their health last after work and family. But incorporating physical activity into your everyday life doesn't have to be hard. Choose To Move can help you find simple, effective ways to move more!



How do I create time for me?

We all feel like we are running out of time. But in this demanding world, you can still find — or make — time for yourself.

- Schedule a meeting with yourself.
- Learn to say “no” to requests that will interfere with your health commitments.

- Delegate chores to other family members to free up time.
- Turn off the TV and get outside for a walk!
- Do at least 30 minutes of physical activity on most days of the week.

How do I stay motivated with all my other responsibilities?

Not being physically active is a cardiovascular risk factor like having high blood pressure, high cholesterol, or smoking. If you had any of these other risk factors, you would take the necessary steps to improve your health. So why is being physically inactive any different?

Putting yourself first doesn't mean you love your family less, or that you can't spend time with your kids. Help your family understand that getting fit is good for

everyone. And incorporate your loved ones into your new routine — get creative and try something new!

- Take your kids to the park and play with them, instead of watching them.
- Learn to inline skate, bike, swim — you get the picture.
- Check out your community parks and resources.
- Go online and search for activity groups in your city.

