

Tools for Self Care **MOVE**



**Gearing
Up**

WHAT:

What does it mean to **move**?

Moving, or physical activity, works your muscles and requires more energy than resting.

What should it **feel** like? You will:

- Feel warm
- Have deeper breaths
- Feel your heart beat faster
- Feel sweaty

WHY:


Why is it **important**?

Physical activity is a powerful tool that can help us start:

- Feeling better
- Sleeping better
- Having more energy
- Being healthier
- Handling stress better
- Thinking better and faster

HOW:

How much do you need?

 Studies show that 30 minutes per day of moderate (not too hard and not too easy) physical activity will improve health.

 The 30 minutes can be broken up into 10 minute sessions during the day.

Getting **started**:

- Set an easy goal.
- Try to do a little more each week.
- Track your steps using a pedometer, phone app or wrist step counter.
- Limit screen time (Less than 2 hours).

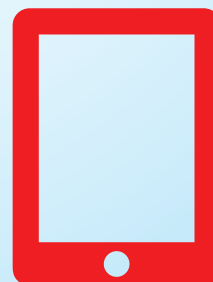
Make it **fun**:

- Walk the mall before shopping.
- Take the stairs.
- Take 10-15 minute breaks while watching TV and walk in place.
- Walk the dog.

TRY IT AT HOME:

Free app to download:

- Sworkit





Shelly's Story

Shelly gained 20 pounds when her doctor gave her a new medication. Her clothes were tight. She did not have the money to buy new ones. She talked to some friends about her weight gain. These friends were her age and also wanted to lose weight. They started a walking club and met three days a week at the mall. Shelly likes the way these walks make her feel.

Shelly starts to:

- Sleep better.
- Lose weight by also eating better.
- Be more active with her husband.
- Feel better.

1. What options from today are you willing to try? _____

2. How could you do one of the things we talked about?

3. What has worked for you in the past? _____

4. What might make it harder? _____

5. Who or what could help you? _____
