

# Move with Heart



EVERY HEARTBEAT TELLS YOUR STORY –  
MAKE IT A STRONG ONE.

Just 10 minutes of daily movement can boost circulation, lift mood, and protect your heart for the long run. It's not about perfection or pace, it's about you showing up for yourself, one step at a time. Find YOUR feel-good way to move this month.




An Independent Licensee of the Blue Cross and Blue Shield Association.

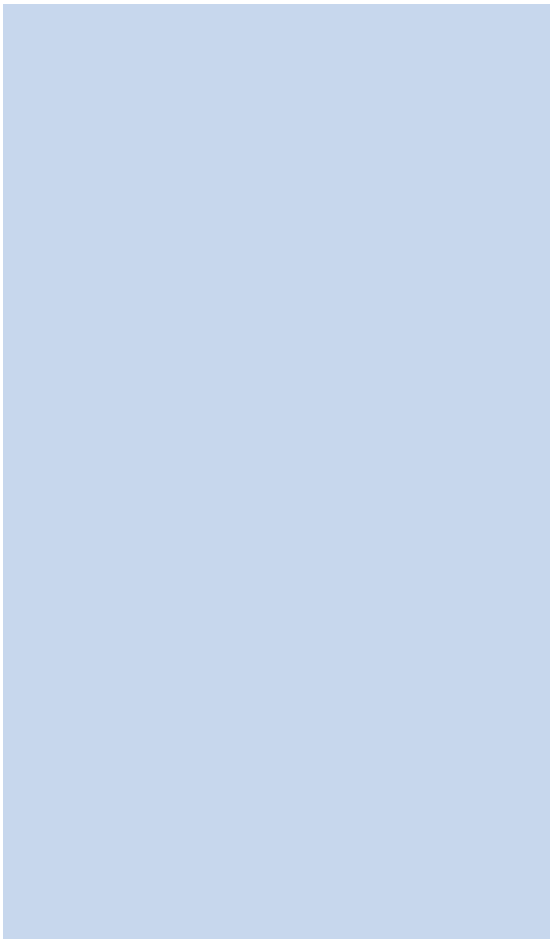
# LET'S GET MOVING WITH HEART!

**Think about a daily movement goal you want to achieve for the next 21 days.**

It can be based on the amount of time you hope to move or the number of steps you hope to take each day (on average 2,000 steps equal 1 mile). Any amount of movement you want to do is a worthy goal no matter how small. Think of ways to move that you look forward to each day. Each day you achieve your goal simply color in a heart.

If you are able to color in a minimum of  hearts, then you will have completed the challenge.

**My Move with Heart Daily Goal:** Each day I will:



**Need inspiration?** Check out the next pages for tips and ideas to get moving with heart.

## Tracker

Day 1		Day 8		Day 15	
Day 2		Day 9		Day 16	
Day 3		Day 10		Day 17	
Day 4		Day 11		Day 18	
Day 5		Day 12		Day 19	
Day 6		Day 13		Day 20	
Day 7		Day 14		Day 21	

# Find Your Ways to Move

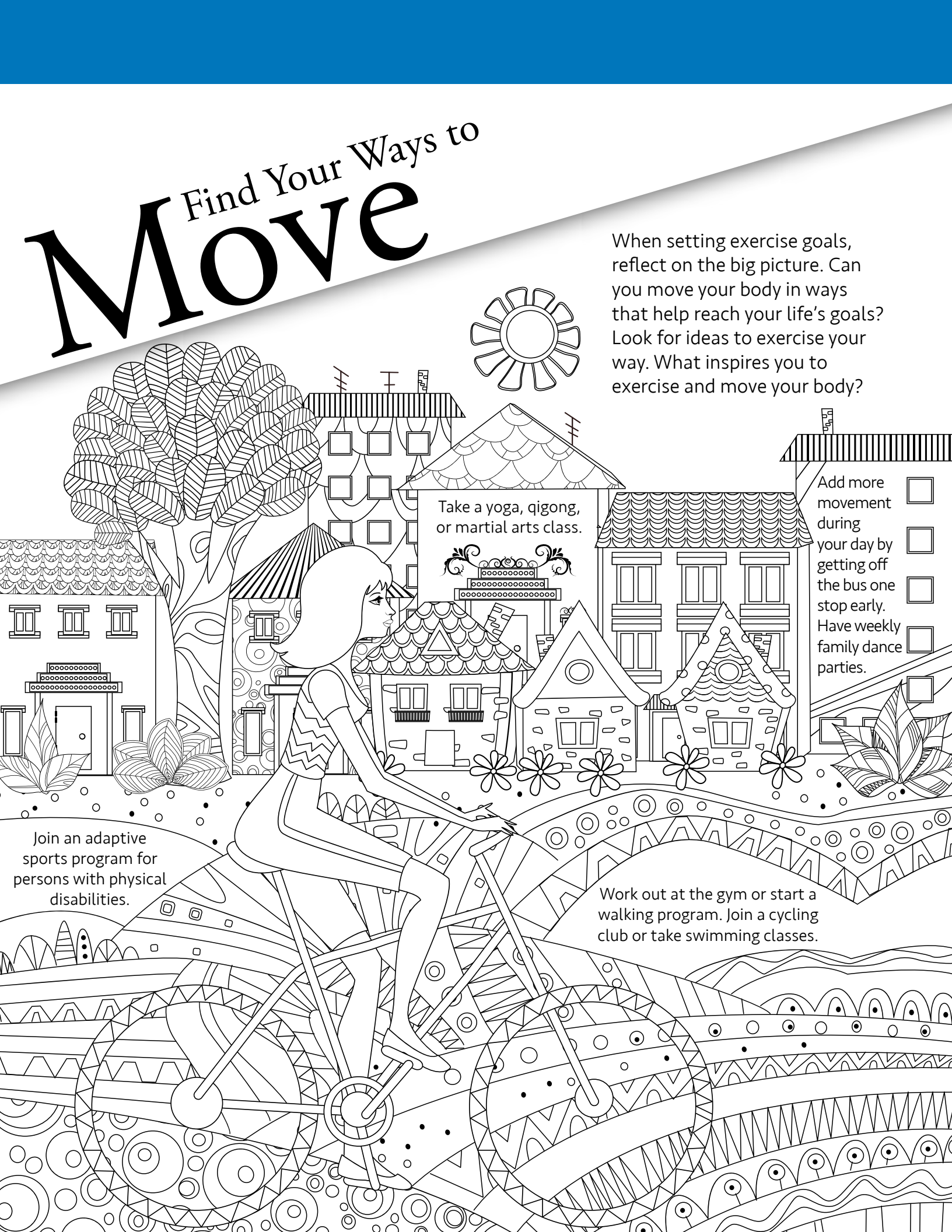
When setting exercise goals, reflect on the big picture. Can you move your body in ways that help reach your life's goals? Look for ideas to exercise your way. What inspires you to exercise and move your body?

Take a yoga, qigong, or martial arts class.

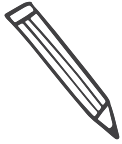
Add more movement during your day by getting off the bus one stop early. Have weekly family dance parties.

Join an adaptive sports program for persons with physical disabilities.

Work out at the gym or start a walking program. Join a cycling club or take swimming classes.



## REFLECT

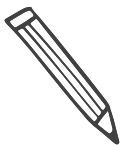


Did you find new ways to move as a result of the challenge? If yes, please tell us more.



### Move With Heart Reflection Survey

Please scan the QR code to complete the reflection survey or visit this [link](#).



Did you find ways to move that you can incorporate into your day now that the challenge is over?



# No time to exercise? Move your body instead

Exercise is great for your health. But sometimes it's hard to fit it into a busy schedule. Don't worry — you can do movement instead.

If there are days when you don't have time for exercise, you can still move. Adding movement into your day is a way to improve your health without investing as much time. There's no gym or special equipment involved.

## WHY SHOULD I MOVE MORE?

Studies show that people who move their bodies every day live longer than those who don't. It's also good for the environment. If you walk or bike to your destination, you save gas and carbon emissions. If you take the stairs instead of the elevator, you save electricity.

## MOVEMENT IDEAS

Not sure how to get started with movement? You can find things that work for your life. Think about ways you can move instead of sit. Here are some ideas:



**Avoid the elevator and take the stairs if you can.** You can burn calories two to three times faster climbing stairs than walking briskly on flat ground. Can't take it the whole way? Take the stairs halfway and the elevator the rest of the way. Try to take stairs instead of escalators, too.



**Park farther away from the front door and walk a little more whenever possible.** Many studies have shown that people who live in cities walk more and weigh less than people who live in areas where they drive more.



**Whenever possible, bike or walk instead of driving.** People who commute to work by biking or walking tend to weigh less than people who always drive.



**If you live far from where you are going, consider driving part of the way and walking the rest of the way.** Even a half-mile walk is good movement.



**Choose hobbies you enjoy that are active, but don't feel like exercise.** This may include gardening, dancing or walking while listening to music or an audiobook.



**Walk in place or lift weights while watching your favorite TV show.** Stretch or walk in place while talking on the phone at home or work.

# Move outside the exercise box



THE MORE YOU MOVE, THE STRONGER YOUR BODY WILL BE AND THE BETTER YOUR HEART, LUNGS, AND OTHER ORGANS FUNCTION. ANY MOVEMENT THAT GETS YOUR HEART RATE UP COUNTS AS PHYSICAL ACTIVITY.



## AT HOME

- Walk the dog.
- Play a family game of catch or frisbee.
- Add in some squats or lunges while you work in the kitchen.
- Do some light bodyweight exercises while you watch TV.

## AT WORK

- Park farther away to get more walking time.
- Take the stairs.
- Set a timer for a five-minute movement break every 30 to 90 minutes.
- Walk at lunch or go up and down the stairs a few times.

## THE WEEKEND

- Choose a hobby that gets you moving, like an outdoor activity.
- Plan social gatherings that include movements like hiking or active games.
- Put on some music and make chore time fun and full of movement.
- Go sightseeing or choose a family outing that includes a long walk or hike.



**ACTION STEPS FOR WELLNESS**

# Find the fun in fitness



Chances are if you enjoy the physical activities you do, you will do them more often.

- Do activities you had fun with in your youth. Did you like to swim? Play soccer? Hula hoop? Jump rope? Play hopscotch? Do these with your kids and grandkids. Do them on your own.



- Get fit with a friend or family member. Walk together. Take a yoga class together.
- Join a dance or other class or sports team. People count on you to show up.
- Take part in an awareness event, such as Susan G. Komen 3-Day for the Cure™!
- Walk the dog! If you don't have one, walk with your neighbor when he or she walks the dog.



- Work outdoors doing activities you enjoy. Garden. Wash the car.
- Walk or pedal indoors while you watch your favorite TV show.
- For birthdays or special rewards, ask for gifts that will help make it fun for you to exercise, such as new workout clothes.