

MAKE MOVEMENT MORE FUN.

If you enjoy physical activity, you're more likely to stay active.

Make it social.

Moving more with friends – whether it's walking or just dancing – is a great idea. You'll have fun and establish a routine.



Get your game on!

Playing a game brings the fun. (There's a reason that pickleball is the nation's fastest-growing sport.) Or simply "gamify" your solo physical activity, by creating mini-challenges to accomplish. ("I bet I can walk the park path in one hour flat today!")



Listen to the latest.

Music can be a great motivator. Let your favorite tunes propel you on your neighborhood jog. Or how about an engrossing podcast? The right audio content can make the minutes fly by.



Make fitness fun. Make it a habit.

We have science-based tips for building healthy routines. Check out our six short "Habit Coach" videos. These habit hacks will help you keep you active!

Explore the great outdoors.

Is the weight machine in the corner of the gym not for you? Take your workout outdoors! The fresh air will invigorate you, and being around nature can boost your mood.



Mix it up.

It's easy to grow tired of the same exercise day after day. So don't be afraid to add new types of movement. Variety has another benefit, too: By working different muscle groups, you'll add to your overall fitness.



Reward yourself.

Associate physical activity with something fun. (For example, reserve watching your favorite TV show for when you do your stretching exercises.) Or follow your activity with a reward, like a refreshing drink or relaxing bath.



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EAT SMART MOVE MORE BE WELL

GET INTO WORKING OUT

Make it easy on yourself to Move More with these tips and tricks.



1. Make It Yours

Lean into your own personality to get into the groove. Your favorite music, your ideal time of day and activities you actually enjoy are more likely to keep you motivated.

2. Stay Supported

Make sure you have the right gear for each activity for added comfort and support. That may mean a moisture-wicking shirt, sports bra, or shoe inserts.

3. Break It Up

It's OK to break up your total physical activity goal into shorter sessions. Aim for at least 150 minutes per week. 10-minute bursts a few times a day can get you there without feeling overwhelmed.

4. Build It In

Create space in the natural flow of your life to add activity so it doesn't feel like a chore. Sneak it into quality time with family and activities you're already doing.

5. Give It Time

It can take a while for a behavior to become a habit. Try to be active around the same time each day – even if you don't go all out every time – to help the routine stick.

6. Keep It Going

If you miss a day or a workout, don't worry about it. Skip the guilt and focus on what you will do tomorrow!

For more ideas on staying active, visit heart.org/HealthyForGood