MISSION movement

Tips for adding Movement to your Routine

SCHEDULE IT

Block off your workouts like you would other important appointments!
Sign up for a group exercise class.
Exercise first thing in the morning.
Set alarms or reminders to get up and move,

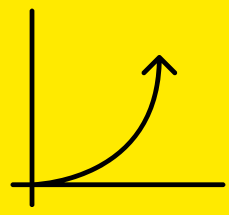
FIND A BUDDY

Ask a friend to join you.
Make it a family affair! Go for a walk after meals.
Hire a personal trainer for accountability.
Join a group class program at your local gym.

FIND AN ACTIVITY YOU ENJOY

There are so many forms of movement out there, experiement with what works for you! If you like doing it, you're more likely to stick with it in the long run. If you hate running, try dancing or cycling or rowing for your cardio.

ADD IT TO DAILY ACTIVITIES

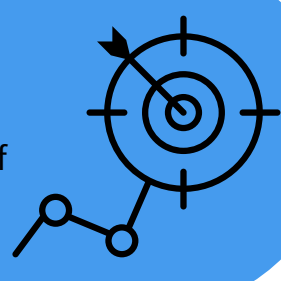


Simple changes can add up over time. Give any of these a try: Take the stairs. Park your car further away. Walk to the next bus or train stop. Set an alarm and every hour, do 10 body weight squats at your desk.

PAIR IT WITH A HABIT

Add movement into habits you're already doing For example, before brushing your teeth, do 10 jumping jacks. While watching TV, try marching in place, stretching, or walking on a treadmill.

START SMALL



We learn to crawl before we can walk, and walk before we can run! Start by adding small amounts of activity to your routine and add a little more each week.

TRY SOMETHING NEW

Trying something new can lead to discovering activities you enjoy, while also engaging different muscles. It also keeps your routine exciting and prevents boredom.

TURN UP THE TUNES

Find something fun to listen to while you exercise, go for a walk or complete a workout at the gym!
Rock out to our **Movement Mission Playlist**
Listen to the latest **Doctor X Dietitian** Episode