# Start Moving More!

When it comes to caring for our physical and mental well-being, eating right and staying active go hand in hand. The health benefits of daily exercise can be truly life-changing; those who engage in moderate to vigorous physical activity for as little as 30 minutes a day often experience increased energy levels, improved moods, better sleep quality, a higher metabolic rate, helping with weight loss, and reduced risk of chronic disease. Establishing an exercise routine may seem daunting if you are starting from scratch, but being active does not mean you have to train like a professional athlete! Use the tips below to increase and improve your physical activity- no matter your starting point!

## WALKING CHALLENGE

Walking is one of the easiest, safest ways to start exercising regularly, especially for beginners. And even just 30 minutes of walking each day can lead to improved heart health and overall fitness. One of the bonuses of walking is that it can easily be social exercise.

**EQUIPMENT NEEDED:**

- Step counter (pedometer, smart watch)
- Comfortable walking shoes

**HOW IT WORKS:**

Invite your friends or family to compete. Sign up for the same app or share your results and pick winners after a week for most steps taken and furthest distance travelled.

**VARIATIONS:**

- Make the timeframe one or more month(s)
- Challenge each other to stairs climbed

## MAKE IT FUN

Finding the motivation to exercise at least 5 days a week is easier when you can find something you actually enjoy doing. Fortunately, many recreational activities are great exercise! Playing sports, dancing, doing yoga, swimming, hiking, biking, kayaking and gardening are just a few options of ways to get active.

**EQUIPMENT NEEDED:**

- Comfortable workout clothes
- Swimsuit (optional)
- Yoga mat (optional)
- Bike (optional)
- Kayak (optional)

**HOW IT WORKS:**

Identify activities you enjoy and find classes or locations where you can go. Local parks and community centers are great places to start looking!