



TIPS FOR MOVING MORE THIS SPRING



April is the perfect time to refresh your routine and make physical activity part of your everyday life. Regular exercise offers immediate benefits like better sleep and reduced anxiety, and over time it lowers the risk of chronic diseases such as heart disease and type 2 diabetes¹. While starting a new routine can feel overwhelming, every step counts toward a healthier you. Here are a few practical tips to help you begin and stay motivated.

Sources:

¹[CDC.gov/Healthy-Weight-Growth/Physical-Activity/Getting-Started](https://www.cdc.gov/Healthy-Weight-Growth/Physical-Activity/Getting-Started)

²[MayoClinic.org/Healthy-Lifestyle/Fitness/In-Depth/Fitness/Art-20048269](https://www.mayoclinic.org/Healthy-Lifestyle/Fitness/In-Depth/Fitness/Art-20048269)

³[Heart.org/EN/Healthy-Living/Fitness/Getting-Active/Getting-Started--Tips-For-Long-Term-Exercise-Success](https://www.heart.org/EN/Healthy-Living/Fitness/Getting-Active/Getting-Started--Tips-For-Long-Term-Exercise-Success)

→ START SLOWLY AND BUILD UP GRADUALLY

Beginning with short sessions helps prevent injury and makes exercise sustainable.

- Warm up and cool down with light activity, such as walking or gentle stretching²
- Gradually work toward 30-60 minutes of moderate exercise on most days
- Break your workouts into shorter sessions throughout the day

→ CREATE A CLEAR PLAN WITH SPECIFIC GOALS

- Set clear goals and know if you're aiming for weight loss, endurance or overall health
- Plan a balanced routine that includes aerobic activity and strength training

→ GET MOVING IN THE RIGHT OUTFIT

- Wear comfortable shoes and weather-appropriate clothing to stay safe and make activity enjoyable³
- Be sure to select shoes that are made for the activity you have in mind²

→ ADD MORE MOVEMENT TO YOUR DAY

- Set aside specific times for exercise so it becomes a habit¹
- Break up sitting time with movement by taking walks during breaks or taking the stairs when possible

→ CHOOSE ACTIVITIES YOU ENJOY

- Choose fun, varied activities like walking, swimming or biking to keep things interesting³
- Stay motivated with company and invite your friends and family