



WEEK ONE: MOVE MORE

NEWSLETTER VOLUME 1

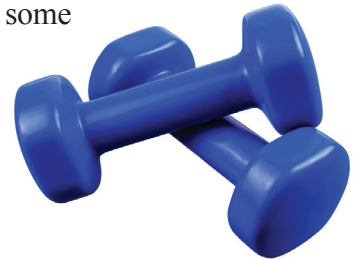
Check out these resources:

- www.Health.gov/PAGuidelines
- www.MyEatSmartMoveMore.com
- www.ActionForHealthyKids.org

During week one and beyond, remember to give yourself points for every 30 minutes of physical activity you engage in.

WHY PHYSICAL ACTIVITY?

Walk, dance, play or work in your yard. Physical activity can help you stay in shape and feel good—a great strategy for keeping stress at bay. Take a walk with a friend, take the stairs instead of the elevator or park further away. Dancing is also a fun way to get some physical activity! Experts recommend 30 minutes or more of movement for adults and 60 minutes for children on most days. Can't find a 30-minute chunk of time? Break it up into 10-minute blocks throughout the day.



TIPS FOR KEEPING IT GOING

Hopefully, you managed to add a little physical activity to your week. But there is a difference between doing it for a week and making time on a regular basis. Engaging friends and family can be a helpful way to stay motivated. Make it a goal this week to talk to friends or family about joining you for your 30 minutes of activity. If they like the idea, see if you can meet with different people multiple times in the week. Don't forget to keep track of your progress in the challenge log and personal journal.

Who's joining you? _____

What do you have planned? _____

Date/Time/Place for activities: _____