

Session 2. Moving More

Build activity into **YOUR** daily life.

- Find **YOUR** Why.
- Include your family and friends.
- Find activities you and your family enjoy.
- Look for places where you can be active.
- Make the time.
- Enjoy feeling better.
- Don't make excuses.
- Set a series of realistic, small goals.
- Don't criticize yourself.
- View physical activity as a life-long habit.

WAYS YOU CAN MOVE MORE



LISTEN TO YOUR BODY. FOCUS ON PROGRESS, NOT PERFECTION.

To improve your health and fitness, schedule exercise and vary your exercises to include aerobic, flexibility, and strength.

Remember, exercise doesn't have to be done all at once! Spread your activity throughout the week and each day.

Play tag with your kids, take the stairs, stretch during TV commercials, and park farther away. It all adds up!



AEROBIC

Increase your heart rate with aerobic exercises by walking, jogging, or riding a bicycle. Do moderate intensity exercises 30–60 minutes 5 days a week, or vigorous intensity exercises for 15–30 minutes, 5 days a week. Or do some combination of these two!



MUSCLE-STRENGTHENING

Save your muscle and improve your health with muscle-strengthening exercises! Use your own body weight, hand weights, or stretch bands to provide resistance to your muscles. Work all major muscle groups (legs, back, abdomen, chest, shoulders, arms) 2 times each week.



FLEXIBILITY

Keep your joints healthy and make movement easier by working on your flexibility. These exercises include reaching, bending, and stretching. Schedule flexibility exercises for 2–3 times per week. Use the time before and after exercise to increase your flexibility.

Infused Water

It is important to drink water before, during, and after being active.

Mix up plain water by adding slices of lemons, limes, oranges, grapefruit, cantaloupe, cucumber or mint.

For more intense flavor, allow to soak overnight.

Experiment with different combinations.

For extra fizz, use seltzer or club soda instead of plain water.



Trail Mix



Ingredients

- Unsalted nuts
- Sunflower seeds
- Pretzels
- Dried fruit without added sugar such as raisins, golden raisins, or apricots
- Unsweetened dried coconut
- Whole-grain cereal

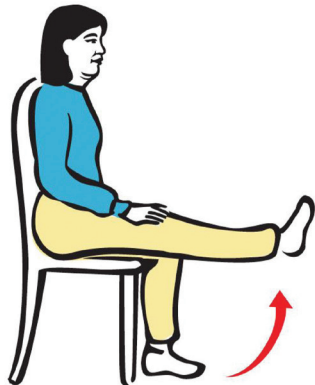
Trail Mix can be a great post-activity snack. Make your own healthy version.

Muscle-Strengthening Exercises

Here are some muscle-strengthening exercises you can do at home or work. Use light weights, cans, or resistance bands to increase the resistance.

Directions: Hold each for 1 second.
Repeat for 6–8 times.

Leg Extensions



Chair Squats



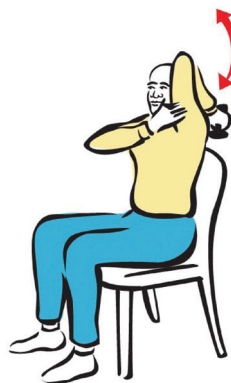
Air Squats



Arm Raises



Tricep Extensions



Bicep Curls



Calf Raises



Hamstring Curls



Side Leg Raises



REFLECT AND CELEBRATE

How did you do with your Week 1 Step?

Take Control SMART GOAL (the goal you set Week 1)

Choose one or develop one of your own: By the end of the program...

I will increase my fruit and vegetable intake to _____ times for _____ days a week.

I will be active for _____ minutes for _____ days a week.

I will increase the cups of water I drink to _____ cups/day.

I will: _____

What is my motivation? Why will I do this?



PLAN AND TAKE ACTION

My SMART Step for Week 2 to work towards my goal:

What are some obstacles to achieving my Week 2 step?

What are some solutions to overcoming the obstacles?

Who can support me?

What did I learn today?

TRACK

Check off days that I achieved my Week 2 step:

☐ Monday ☐ Tuesday ☐ Wednesday ☐ Thursday ☐ Friday ☐ Saturday ☐ Sunday