



# Move More for Life

ADD MOVEMENT TO YOUR DAY!

## Get active

Nearly everyone can benefit from more physical activity. At Kaiser Permanente, we know that being physically active and eating well are vital to staying healthy. Staying active is also key to looking and feeling your best.

## Get energized

Are you moving enough to feel your best? Did you know that even moderate physical activity—simply moving your body enough to get your heart pumping—brings great health benefits including more energy? The good news is most activity counts and fitting it in is easier than you think.

## Add movement to your day

Although you should aim for a daily total of 30–60 minutes, **you don't have to do it all at once.** Fit in 10 minutes here and there. Add it up. It's all good for you!

- Take several 5–10 minute walks each day.
- Walk to visit with a friend or co-worker.
- Take the stairs, whether at work or the mall.
- Park your car further away and walk.
- Dance to your favorite music—while dinner is cooking!

## It all counts

Daily activity includes all movements, from low-intensity walks or gardening to more intense workouts, such as sweating through an aerobics class. Moving longer and harder will help you get in better shape, but simply adding movement is the key. Pick activities you enjoy that you will do. *What do you enjoy?*

- Working on your lawn or garden.
- Playing catch with a child.
- Doing yoga or Tai Chi.
- Taking dance lessons.

## Simple steps to feeling and looking better

### Make a plan

Be honest with where you are today and where you want to be. Writing down realistic goals can keep you motivated.

### Commit to small changes

Make small changes in your daily routine. Fitting in 5 or 10 minutes of movement throughout the day adds up.

### Track your progress

Keeping track of your activity will give you a feeling of success. Try counting steps with a pedometer or minutes of activity with a stop watch.

### Make it fun

Find ways to be active that you enjoy. Activity is a great way to socialize, or to relax by yourself. Try walking while listening to music or spending active time with friends or family.

### Setting your goals

Take a moment to write down your physical activity goals for the next one to three months.

- I will be active \_\_\_ minutes per day, \_\_\_ days per week.
- I will track my activity with a: \_\_\_ pedometer, \_\_\_ stop watch, \_\_\_ written log.
- I will spend active time with family or friends \_\_\_ times in the next month.

## Making the most of movement

Pick activities you enjoy and do them fast enough to get your heart pumping, without leaving you out of breath or exhausted. You should be able to talk. If you can sing, pick up the pace!

# Walking and activity resources



## Get a pedometer

If you can walk, get a pedometer (also called a step counter). This easy-to-wear device senses your body's motion and counts your footsteps. It's easy to use. Attach to your waistband or belt, and pay attention! Counting steps during the day is fun and helps remind us to be active. Ask about our low-cost pedometers at your local Kaiser Permanente pharmacy.

## Find a partner

Walking with a friend or family member is a great way to spend time together. Set regular walking dates. Go for a walk instead of out to lunch. Before you know it, your walk will become a healthy habit!

## Go a step further

Without much activity, a person takes 2,000–5,000 steps per day. Try adding a few hundred more steps. Each 2,000 steps you add equals one mile. Celebrate your progress.

## Join “10,000 steps®”

Go to [kp.org/10000steps](http://kp.org/10000steps). Sign up for this low fee program and get support to:

- Set personal goals.
- Track your progress.
- Help you stay active—with tips and motivational emails.
- Order a pedometer.

## Resources for Your Fitness Plan

- **Try a yoga class.** See the class listings in *Elevate* for details, call **303-614-1010** or **1-866-868-7112** (toll free) or go to [kp.org/classes](http://kp.org/classes).
- **Seniors, join SilverSneakers®** for Senior Advantage Gold, Silver or Group plan members. You'll get *Free* fitness center memberships and much more. Call **1-800-476-2167** from 8 a.m.–5 p.m., Mon–Fri (TTY 866-512-9965).
- **Join PACE Physical Activity** if you have arthritis call the Arthritis Foundation at **1-800-283-7800** or go to [arthritis.org](http://arthritis.org) to find resources in your area.
- **Get moving with an exercise video.** Go to [activevideos.com](http://activevideos.com) to order fun videos that are just right for your activity preferences. If you need seated activity, see the “*Recovery and Limited Mobility*” or “*Seniors Dance and Exercise*” section.
- **Need help losing weight?** For information on Weight Management classes see the class listings in *Elevate*, go to [kphealthyme.com](http://kphealthyme.com), or call **303-614-1070**.

## Available Resources

Find it Online—at [kp.org](http://kp.org)

- [kp.org/fitness](http://kp.org/fitness)—tips, podcasts, and videos
- [kp.org/weight](http://kp.org/weight)—tips, podcasts, online coaching and more
- [kp.org/healthylifestyles](http://kp.org/healthylifestyles)—online coaching to live healthier.
- [kp.org/choosehealthy](http://kp.org/choosehealthy)—receive a **free** subscription to [FitnessCoach.com](http://FitnessCoach.com)

More Online Resources

- [acefitness.org/exercise library](http://acefitness.org/exercise-library)
- [nia.nih.gov](http://nia.nih.gov).—free Exercise Guide from the National Institute on Aging
- [fitday.com](http://fitday.com).—free, online diet/activity tracker.
- [myexerciseplan.com](http://myexerciseplan.com)—(small fee) guidance in creating your fitness plan.

The information presented here is not intended to diagnose health problems or to take the place of information or medical care you receive from your doctor or other medical professional. If you have persistent health problems, or if you have additional questions, please consult your doctor.