



Welcome to the 2017 Movement Challenge! We hope you will use the challenge to make physical activity a priority in your life for the next 6 weeks and beyond. Here are a few tips to get you started this week:

Identify a few reasons for exercise that are truly meaningful to you.

We all value our health and want to live long, disease-free lives, but for many of us these benefits are too distant to motivate us to do anything TODAY. Try flipping the script and thinking about ways exercise might **enhance your daily well-being**. When you're active, are you in a better mood? Less stressed? More energetic? Focusing on these benefits transforms physical activity into something you **want to do** instead of a chore you feel like you have to do.

Think about a few strategies to overcome it your biggest obstacle.

For many of us, a lack of time gets in the way of our good intentions to be active. Here are a few ideas for fitting physical activity into a busy schedule:

- Instead of setting aside a large chunk of time to be active, plan to **take several 10-minute walks throughout the day**
- **Add exercise to your weekly calendar** and treat it as a non-negotiable meeting or appointment
- **Wake up 30 minutes earlier** and exercise first thing in the morning before life gets in the way

“If exercise could be packaged in a pill, it would be the single most widely prescribed and beneficial medicine in the nation.”

-Robert Butler, National Institute on Aging