

8 Tips to Move More Every Day

No matter how much you move – a lot, a little, or somewhere in between – every bit benefits your heart. Make moving more part of your daily routine.

Use these simple tips to get started – and keep moving.

1 Think about exercise as doable.

I can do this!



- Exercise isn't only about long runs or hours at the gym.
- Everyday movement – walking, chores, or even doing squats while brushing your teeth, or marching in place during commercials – all count!

5 Keep it fun.



- Choose activities you enjoy. You'll move more and be more likely to stick with it!
- Mix it up to keep it fun, get your heart pumping and strengthen different muscles.

2 Put it on the calendar



- Block off time – you'll be more likely to follow through.
- Morning workouts are a great way to check it off your list. It will also give you more energy and focus for the day.

6 Know your “why.”



- Remind yourself why being physically active matters – for your heart health, and to shed extra pounds, boost your mood/energy level, or stay fit and healthy.
- Your why can help you stay motivated.

3 Set goals and start small.



- Begin with realistic goals – taking more steps or trying a new fitness class – anything to sit less
- Track your progress and celebrate successes – big and small – to stay motivated.

7 Buddy up.



- Exercise with a friend or in a group.
- Social support makes it more fun and keeps you accountable.

4 Use reminders to stay on track.



- Keep sneakers or workout gear where you'll see them to nudge you to stick with your plan.
- Apps, step trackers and alarms can help too.

8 Plan for what might get in the way.



- Have a backup plan for busy, rainy or low-energy days.
- Go easy on yourself as you learn to move more.

Move more for your heart and health. Every bit counts – and it's never too late to start! Aim for:



At least **150** minutes a week of aerobic activity that gets your heart pumping



At least **2** days a week of muscle strengthening



[CardioSmart.org/MoveMore](https://www.cardiosmart.org/MoveMore)