



READ TIME:
5 MINUTES

Motivate Yourself to Move

By Lydia Schillinger

BEEP, BEEP, BEEP, BEEP, this is the sound of your early morning alarm going off so you can jump start your day with a 5 a.m. workout. You wake up from an impeccable night's rest all refreshed and ready to start your day. You make your bed, jump into your clothes and eat a healthy breakfast of a glass of skim milk, a piece of whole grain

toast with almond butter, three perfectly cooked egg whites and two strips of crisp to perfection turkey bacon. The sun is shining and the birds are chirping. You drink 8oz. of water on the way to the gym and make it in plenty of time to refill your water bottle and warm up before your workout begins.

If this is your typical morning kudos to you, keep up the great work! If this does not sound like your typical morning, no worries. To be healthy and fit, you do not have to get up and workout at 5 a.m. The great thing about healthy living and wellness is you can be flexible and fit in activities when it is convenient and most enjoyable for you.

The areas of healthy living and wellness encompass Emotional, Physical, Occupational, Social, Spiritual and Intellectual needs for a healthy life balance. This newsletter will address each of these areas of wellness. This *Inspire to Move* section will focus on the physical.

In this series Motivate to Move I will give you tips and tricks on how to stay active and live a healthy lifestyle. You will learn about heart rate, Body Mass Index (BMI), building lean strong muscles, losing those few extra pounds and being overall physically fit. Whether you are a beginner or a super fit get up and workout at 5am type of person, everyone will benefit from learning how to stay healthy or how to get healthy.

As with any new life change always consult your doctor so your individual needs will be met. We want to get you healthy and keep you healthy.



Peggy Lister and Lydia Schillinger at the gym. Noon fitness classes are a staff favorite! Photo Credit: Taylor Davis

This Month's Tip: Get Moving

Today is a good day to start moving. **Change.** Go for a walk and enjoy nature before work, on your lunch hour, or after work, whether alone, with a friend, or with a four-legged animal.

Take the stairs instead of the elevator; I work on the fifth floor in my building and I can tell you, when I get to the top I am breathing heavy but I feel invigorated! What a great way to start your day! Park a little farther and walk - you can even try this at the grocery store. Get off at an earlier stop if you take the bus and walk the rest of the way.

Volunteer to assist at an event on campus or in your community. Putting yourself to work will be great for the community and for your waistline. Join an activity you have never done before, [pickleball](#) anyone? Anything that gets you up and moving is great for your overall well-being.

Join a fitness class at the recreation center. All instructors should know modifications if this is your first time doing the class or if they are medically needed. Don't be afraid to tell the instructor it is your first time taking that particular class or what your needs may be. In my experience instructors always seem happy to help!

Make sure to drink lots of water to keep yourself hydrated during your activities.

Write to us and let us know what activity or new experience you tried. We may feature your story in our newsletter. ■