

WELLNESS CONNECTION

LIVE WELL. WORK WELL.

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INSPIRE TO MOVE - Motivated to Move



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Everyone knows that one of the most important factors in keeping your heart healthy is regular exercise. But how can you get (or stay) motivated to complete the recommended [150 minutes of moderate-intensity or 75 minutes of vigorous-intensity exercise](#) needed each week for optimal heart health? The tips below can help you find the push you need to get started or keep you from falling into an exercise rut!

Make exercise something you look forward to. You are more likely to regularly participate in an activity that fits your personality. If you love being around other people, look for activities that allow you to be social. This can range from starting a walking group with friends to joining a dance class or recreational sports team. For those who cherish alone time, consider running, biking, swimming, or at-home workouts, which might be a better fit.

Break physical activity into manageable blocks of time. Just 22 minutes of activity per day adds up to the weekly recommended 150 minutes of moderate-intensity exercise. Those daily 22 minutes can be further broken down into chunks that fit into your schedule. For example: five minutes of stretching in the morning, a five-minute walk after lunch, five minutes practicing a strength skill (squats or planks) you would like to be better at, five minutes of active play with kids or pets, and two minutes of stretching before bed. Remember, physical activity doesn't have to require special clothing, shoes, or equipment to count as exercise!

A little support goes a long way. You do not have to do the same workouts to share your exercise journey with a friend. Whether you are working out together or doing your own thing,

having an accountability partner can be just what you need on those days where you are struggling to get moving. A quick encouraging text message or pep talk can help spark your motivation and keep you on the path to success.

Celebrate your fitness success! This includes the small successes and the big ones. A mental pat on the back for meeting your daily exercise goal encourages you to take a moment to recognize that you did something positive for yourself and helps to reinforce your healthy behaviors. Other goals worth celebrating might include reaching your activity minutes every week for a month, completing your first race, mastering a new skill, or improved health markers at your annual physical. Choose tangible rewards for bigger achievements to keep you moving in the right direction. Some ideas might include purchasing a new piece of fitness equipment, taking a spa day, buying a new outfit or accessory, attending a live show, or simply taking dedicated relaxation time for yourself.

Remember that physical activity is cumulative – little snippets of exercise can add up to big results! Do your best to be consistent and your heart will thank you.

Explore the [Staying Motivated](#) page of the American Heart Association website for more resources.

If you are looking to try something new, check out the [Move More Together](#) streaming workouts from the American Heart Association.

