Make Exercise a Priority

Why is it so challenging for so many of us to take steps to becoming regularly physically active? About two-thirds of kids and half of adults in the U.S. don’t get enough physical activity. Follow the steps below to help make exercise a priority.

1. Set an appointment for physical activity and put it on your calendar.
2. Work out at the same time of day so it becomes a habit.
3. Take the stairs when it’s just a few floors.
4. Hop on a treadmill or stationary bike while you watch your favorite tv show.

Source: NIH.gov
Three ways I can focus on my health this month:
1. 
2. 
3.

1. Start this month focusing on your health goals. Write your three new health goals to the left.

2. Spend time each week planning your meals in advance.
   Start with this healthy recipe.

3. Put both strength training and cardio on your list of workouts for the week.
   Start a food and fitness journal to help keep you on track.
   Learn more here.

4. Fruits and veggies are an easy and inexpensive snack to pack for the workday.
   Learn more here.

5. Did you meet your health goals this month? Check them above.

6. Enjoy the spring weather this week by taking a walk outdoors.
   Learn more here.