

# Move More

## WELLBEING JOURNAL

MONTH & YEAR: \_\_\_\_\_

### WHY?

The human body was designed to move - but these days, many of us don't move much throughout the day. Many people spend most of the day sitting, which isn't great for our health.

Regular movement can help the body in many ways including:

- Regulate blood pressure, cholesterol, blood sugar, and body weight
- Strengthen muscles and bones, stabilize joints, and improve heart and lung health
- Reduce the risk of several chronic diseases
- Regulate our emotions and improve mental health

Structured exercise, like running or lifting weights in a gym, are some ways to move your body. But any physical activity that involves your muscles and uses energy counts - like raking leaves, playing with your kids, or walking the dog. Find some activities you enjoy doing, so you'll do them regularly.

Choose ways to move your body that will increase your heart rate for a sustained period of time. If you're not very active now, it could be as little as 5-10 minutes at a time. Ideally, work your way up to at least 30 minutes of movement, most days of the week.

### HOW?

- Download and print this journal page. Take some time to think about and answer the self-reflection questions. Use your answers and the information on page 2 to set a goal.
- Follow @NutritionFromTheHart on Instagram for tips to help you move your body
- Each week, reflect on your progress, and make any adjustments to your goal
- At the end of the month, do a final reflection and set a goal to continue moving your body

### SELF-REFLECTION

My overall thoughts about moving my body:

I typically move my body this amount per day/week:

Ways I like to move my body:

Ways to move my body that I would like to try:

Personal challenges when it comes to moving my body:

Some ways I can make it easier to move my body:

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### CHALLENGE

Set a personal goal about moving your body. Ideas include:

- Start walking 10 minutes a day and add 5 minutes each week
- Try a new type of movement each week (like yoga, an exercise class, or hiking)
- Take a 5-minute stretch break every hour while working
- Move my body for 30 minutes a day, 6 days a week
- Focus on feeling enjoyment while moving my body

Any goal that challenges you will work. Write it below - then each week, assess if you've reached your goal that week, and make any adjustments that you feel would be beneficial. If you met the goal easily, you might want to add an additional challenge. If it was really difficult, you might want to make it easier. Remember, this is YOUR goal, and it's OK to change it in order to be more successful.

### MY MOVEMENT GOAL:

#### WEEK 1

How did I do? Should I make adjustments or stay the course?

#### WEEK 2

How did I do? Should I make adjustments or stay the course?

#### WEEK 3

How did I do? Should I make adjustments or stay the course?

#### WEEK 4

How did I do? Should I make adjustments or stay the course?

### FINAL REFLECTION

Did I move my body more this month? What can I do to continue moving my body?