Article Series Staying Active All

Move it for health

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After a diagnosis, and with guidance from your doctor, regular physical activity is important—and setting small, attainable fitness goals can help you stay motivated. To help set you up for success, we've put together a few tips for getting started and staying on track. Before changing your routine, remember to consult with your doctor to determine the best options for your health.

Sit Less
Sounds easy, right? Yet, it's often the most overlooked aspect of overall wellness.

Reduce periods of inactivity by looking for ways to move throughout the day. For example, if you're sitting for long stretches of time, try to get up every hour and move around for at least 5 minutes. (Set an alarm on your phone or watch if you need a reminder.) If you're watching TV, try walking in place during the commercials. As long as you're moving—and not sitting—it's a plus.

Try to do One Activity Each Day

The activity doesn't have to be intense and it doesn't have to take long. Simply moving your body each day—even for 15 minutes—can help. With guidance from your doctor, choose a simple physical activity, such as walking or gentle stretching, that you're able to do daily or at least most days. Make it part of your daily routine, like brushing your teeth or eating.

Keep it Fun!

You know how you always put off something you don't enjoy doing? The same goes for being active. Try to choose an activity that appeals to you—you're more likely to stick with it if it's something you look forward to.

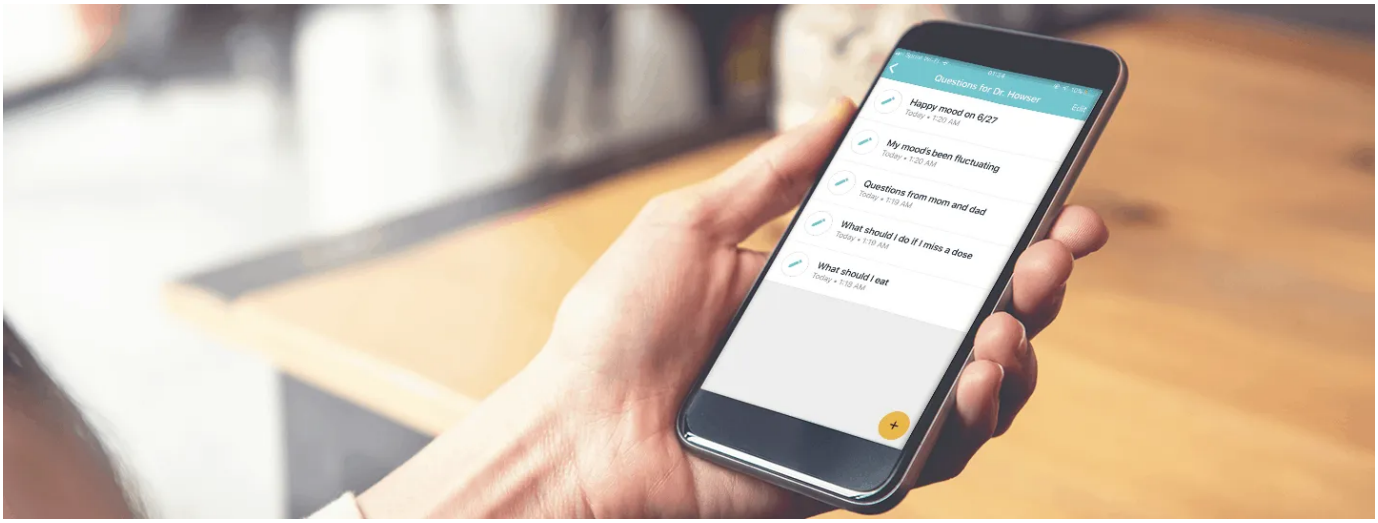
Set Specific Mini Goals and Measure Progress

Setting a goal to work toward can greatly improve your chances of sticking with an activity. Whether it's taking a set number of daily steps, being active for a certain amount of time each day or walking at a brisker pace than the day before, set specific and realistic "mini goals." Keep track of your activity and progress by writing in a journal or using a fitness tracker, which you can connect to the **LivingWith™** app. Measuring progress can keep you accountable; seeing it can boost your confidence and help you stay motivated.

Get Support

If possible, enlist a family member, friend or neighbor to join you. Having an "activity buddy" is a great way to keep things fun—plus, scheduling with another person may keep you motivated.

The important thing to remember when setting fitness goals is to start slow, and get recommendations from your doctor on what types and levels of activities are right for you.



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