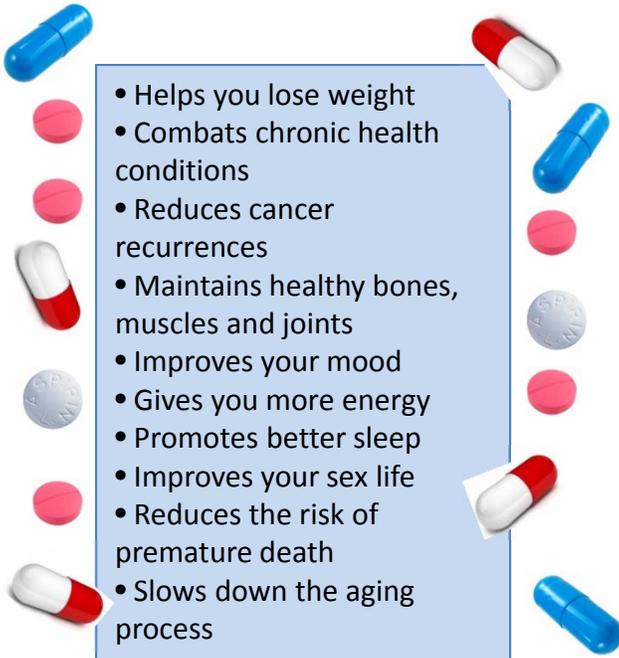


# MOVE MORE!

By Rachel Cathey, RN, BSN, MS, NASM-CPT

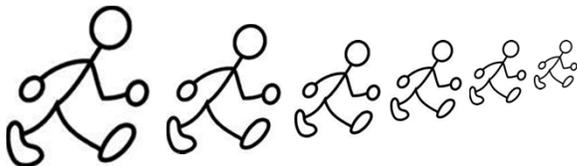
If there was a *magic pill* that gave you ALL of the following benefits and it boasted NO side effects, would you be the first in line for a prescription?



- Helps you lose weight
- Combats chronic health conditions
- Reduces cancer recurrences
- Maintains healthy bones, muscles and joints
- Improves your mood
- Gives you more energy
- Promotes better sleep
- Improves your sex life
- Reduces the risk of premature death
- Slows down the aging process

The good news is you don't have to spend money on an expensive prescription! Getting the benefits above are easier than you think.

All you need to do is **MOVE MORE!**



Exercising doesn't mean you need to sign up for a marathon or triathlon. Adding physical activity in your daily routine can be simple and it all starts with the *first step*.

**Before you start, talk with your healthcare provider to make sure your exercise plan won't interfere with your treatment or recovery.**

*"The single most important factor in fighting disease may be the fitness of the patient."* Dr. Pat Fulgham

A collective amount of *30 minutes* a day of *moderate physical activity 5 days a week* is what you need to reap the benefits. If you don't have 30 minutes at one time, you can break it up in smaller pieces. Make this a habit and plan your activity ahead of time each day.

What's the best type of moderate physical activity? *Anything you enjoy!* A general rule is that moderate physical activity should elevate your heart rate so you can still talk but not be able to sing.

- Brisk walk or jogging
- Swimming laps
- Stationary machines (elliptical, stair stepper, etc.)
- Bicycling (indoor or outdoor)
- Tennis, golf, basketball, etc.
- Group exercise classes
- Dancing
- Local YMCAs have teamed with Livestrong® to offer a 12-week program for cancer survivors

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Also remember that chronic sitting during the day has been heralded by some researchers as the *"greatest health risk to Americans"*. Therefore, in addition to the 30 minutes of planned physical activity each day, think of ways that will get you moving around more *frequently*.

- Walk the dog; take a walk with a friend or spouse
- March in place while talking on the phone
- Set a timer to remind you to get up every hour
- Park in a spot farther away from your destination
- Take the stairs instead of the elevator
- Use a restroom farther away from your office
- Walk inside instead of using the driving-through