



Fall into Fitness

Week 4 Newsletter

Way to go! You have almost completed the **Fall into Fitness Move More Challenge**. As you are entering into the last week of this challenge, keep up the good work even after it ends by continuing to use the tips you have learned along the way.

Staying Motivated

It is important that you stay motivated to be more active to continue improving your health. Here are some tips that will help you to stay motivated along your journey.



- ◆ Join forces with friends, neighbors, or others. Having a social support group is great for accountability.
- ◆ Reward yourself. Celebrate your successes when you reach your physical activity goals.
- ◆ Make it fun. Join an adult sports league or a health club, or simply go for a walk in a park you've never visited.
- ◆ Set goals for yourself. Make a commitment to the goals and continue until you reach them.
- ◆ Share your goals with others that will hold you accountable and motivate you. Find others that have common goals to be active with.

Setting Goals

The S.M.A.R.T method of goal setting helps push you further, gives you a sense of direction, keeps you organized and helps you to reach your goals. Set goals that are specific, measurable, achievable, realistic and timely. Having the ability to reach goals that you set will motivate you to continue your journey.



Make physical activity a part of your daily life!



It is often easy to put physical activity at the bottom of your long to-do list. With a busy schedule, you might think that getting 150 minutes of exercise in each week is challenging. Here are some tips to help you get more active even on your busy days:

- 1. Take a walk.** Take a break every hour or so to get up and walk around. Next time you are on lunch break, take a walk around.
- 2. Take the stairs.** The stairs is a great way to add movement to your day and increase your heart rate.

3. Wear a fitness tracker. Tracking your steps to see the number of steps you take in a day is fun and it is a great feeling when you meet your step goal.

4. Wake up and work out. Waking up a few minutes early to fit a workout in allows you to get your physical activity in before you even start your day.

5. Add movement to housework. Clean or do yardwork at a greater speed to get your muscles working and heart pumping.

Physical activity **does not** have to mean going for a long run or to the gym for hours. Remember some physical activity is always better than none and every move counts!

**“Movement
is the
celebration
of life”**

-John Selland

Exchange your child’s screen time for physical activity!



Many children spend 5-8 hours on screens each day. The amount of time that a child spends in front of a screen, whether they’re watching tv or playing a video game, that is time taken away from being active. Extended amounts of screen time often leads to prolonged sitting and other unhealthy behaviors. Limiting the amount of screen time will allow for more time to be active.

For more information:
Belinda Rayner, Public Health Educator II
910-814-6196