



Welcome to our Evening Education Series

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Tonight's Topic: Motivation to Move

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Benefits of Getting Active

- IMPROVES ENERGY LEVELS
- IMPROVES SLEEP QUALITY AND QUANTITY
- BUILDS STRENGTH AND ENDURANCE
- REDUCES PAIN AND INFLAMMATION
- IMPROVES MOOD
- IMPROVES SELF-ESTEEM
- CAN BE FUN IF YOU MAKE IT



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Getting Active can be hard...

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Overcoming Obstacles


- Challenge yourself to think about exercise as something you *GET* to do
- Getting active does not require a gym membership
- If you need guidance on where to start, consider a personal trainer or a physical therapy referral
- Abandon the "all or nothing" mentality
- Avoid starting off too ambitious; start slow and work your way up
- Low energy levels can be improved by getting active!



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Creative Exercise Ideas


- YouTube
- Creating a walking program
- "Couch to 5K" training plan
- Try out free group exercise classes in your area
- VR Headset workouts
- Wii gaming
- Ask your provider about a referral to physical therapy



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Apps and other technology to try

- Muscle Wiki
- FitBod
- Nike Training Club
- Strong App
- Apple Fitness
- Sworkit
- Peloton Subscription
- Exercise videos on Amazon prime and Netflix




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Prioritize Activity



- Schedule it into your day
- Focus on why you should do your exercise (It will make you less tired; it is fun; helps you sleep better)
- Create an environment that makes your exercise enjoyable

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Get the most of your activity

- Once you create an exercise plan, don't forget to build in progression
 - Increase intensity
 - Increase repetitions
 - Increase distance
 - Increase duration
 - Increase weight
 - Increase frequency

Week 1	15 minutes; 2x/week
Week 2	20 minutes; 2x/week
Week 3	25 minutes; 3x/week
Week 4	30 minutes; 4x/week
Week 5	30 minutes; 5x/week

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As Always: Be SAFE

If you have been given restrictions from a provider in the past on physical activity limitations, consult with them before starting a new routine


You know your body better than anyone. Listen to it

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How do you get active?



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