



Movement

Regular movement supports your heart, metabolism, mood, and long-term energy. Walking, stretching or strength training are lasting habits that enhance your overall quality of life.

Get Ready to Move

Start with a simple formula to guide your movement intensity:

1. Calculate Your Heart Rate Goal

- Take 220 and subtract your age equals your estimated max heart rate
- Multiply that by 0.64 to find the minimum for moderate activity

Example:

Age 35 → $220 - 35 = 185 \times 0.64 = \sim 118$ bpm

Try to get above this heart rate during moderate exercise for **at least 150 minutes each week**.

2. Experiment with Activities

Wear a fitness tracker to figure out what gets your heart rate up:

- A flat walk might not be enough
- Try uphill walking, jogging, or a dance video instead

3. Plan Ahead

Schedule your workouts or movement sessions before the week begins. Try:

- Signing up for a fitness class
- Saving a YouTube series to follow along at home
- Blocking off “movement breaks” on your calendar

Weekly Movement Goals

150 Minutes of Cardio (Per Week)

Moderate-intensity movement helps build endurance and boost cardiovascular health. Track your progress with a fitness watch or app.

Strength Training (2+ Sessions/Week)

Dedicate two or more days to resistance exercises. Sessions should include work for your:

- Legs
- Arms
- Core

This can be done with dumbbells, resistance bands, or bodyweight exercises like squats and planks.

Daily Step & Movement Habits

Step Target: 10,000 Steps/Day

Work toward the 10K mark by fitting in movement throughout your routine:

- Morning coffee walk = 1,000 steps
- Walk while brushing your teeth = 300–500 steps
- 30-minute phone walk = 2,000–4,000 steps
- Grocery run = ~1,000 steps
- Light jog = 4,000+ steps

Log your steps daily to stay accountable.

Move More During the Day

Even if you're already exercising, sitting too much can still harm your health. Break up sedentary time by:

- **Standing up for 90 seconds every hour**
- Setting alerts on your phone or smartwatch
- Tracking your total *active hours* (8+ is ideal!)

Tools like Fitbit, Apple Watch, or Garmin can help nudge you to move and celebrate your progress.

By building consistent movement into your day—even in short bursts—you'll support long-term health, improve your mood, and maintain more energy.