



R.E.A.L. GoalSM: Increase Movement (Realistic, Easy, Attainable, Life Goals)

Example: I will move my body for 30 minutes a day, 3 times a week.

Possible benefits:

- Decreased risk for heart disease, stroke, and high blood pressure
- Helps with managing weight
- Improved sleep
- Reduced stress and anxiety
- Decreased risk for some cancers and type 2 diabetes
- Improved mood

Getting Started:

- Before starting an exercise routine, assess your fitness level by consulting your doctor.
- Remember, something is better than nothing. Just get in some kind of movement each day.
- Start slow and then progress into doing more. This takes time, don't expect results immediately.
- Do different activities so you don't get bored.
- Try YouTube and search for new workouts. They're all free!
 - (HIIT workout, yoga, strength building workout at home)
- Do activities you actually enjoy!
- You're more likely to stick with it if you do activities in nature.
- Try a fitness watch or the MyFitnessPal phone App, these can help track movement and maintain habits.
- Encourage family, friends, or coworkers to join you!



Squeeze Movement into Your Day:

- Make it the first thing you do in the morning; could be stretching, 10 minutes of yoga or a simple abdominal workout (crunches, plank, bicycles).
- Block out time slots in your calendar and set digital reminders. (e.g. Set an alarm on your phone to do 10 squats every hour).
- Do household chores (sweeping, mopping, standing while folding laundry).
- Take the bike instead of driving locally. Even if it takes a little longer, think of it as your exercise time.
- Take the stairs instead of the elevator.
- Use the bathroom on a different floor and take the stairs.
- Make one of your 15-minute breaks a movement break (walk, standup and stretch, do leg raises).
- Park farther away in the parking lot. If you commute by bus or subway, get off at an earlier stop.
- Walk, lunge, or do calf raises when you're on the phone, brushing teeth, walking to the bathroom, or waiting at the copier.
- Walk your dog (or a friend's dog or dogs at an animal shelter).
- Propose walking meetings instead of traditional sit-down meetings at work.
- Play the music loudly while doing housework and dance a bit between chores.
- Get hand weights or use items with weight found around the home and do biceps curls/extensions when reading emails.
- Move your body while watching your favorite show; go for a walk while listening to a podcast.
- Get up on commercial breaks or in between bingeing episodes.

Online Resources:

- Search [WebMD Exercise Beginners Guide](#)
- www.classpass.com or search in phone app store
- www.onepeloton.com has different workouts lead by personal trainers
- www.youtube.com - search for workouts (Zumba, HIIT, yoga, Tai Chi, ab workouts, strength training)



To choose another goal, go to: <https://www.deancare.com/wellness/real-goals>

For help to translate or understand this, please call (800) 279-1301. (TTY dial 711)

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