

THIS WEEK'S GOAL: GET MORE NON-EXERCISE ACTIVITY!

Your goal this week is to include at minimum, 3 non-exercise activities in your day

WHY INCLUDE MORE NON-EXERCISE ACTIVITY?

- **STUDIES SHOW THAT PEOPLE WHO ARE ACTIVE THROUGHOUT THE DAY LENGTHEN THEIR LIFESPAN.**
- **DON'T BE AN "ACTIVE COUCH POTATO." EVEN IF YOU EXERCISE SEVERAL TIMES A WEEK, IF YOU SPEND MOST OF YOUR DAY SITTING, YOU ARE AT RISK FOR HEART DISEASE, HIGH BLOOD PRESSURE AND METABOLIC SYNDROME.**
- **IT IS THE NON EXERCISE CALORIES YOU BURN THAT MAKE THE BIGGEST DIFFERENCE IN LOSING AND MAINTAINING WEIGHT.**

How do you incorporate more exercise into your already busy day?

- **Take a walk break every time you take a coffee break (even if you work from home, if you get up for a cup of coffee, include a walk break.)**
- **Take a walk break after you eat lunch.**
- **Stand up and move whenever you take a drink of water.**

- Get a pedometer or other fitness device and track your steps. Work up to 10,000 steps per day. (Start where you are now. Aim for an additional 500 steps a day for one week. Add another 500 steps a day the next week. Continue this build up until you reach 10,000 steps a day)
- When watching TV, use commercials to move around or do some exercises.
- Park as far away from the door as possible at the store, doctor's office, any place of business.
- Always use the stairs instead of the elevator.
- Use household chores as a way to move more. Really put some muscle into it!
- Take out the trash, water the outside plants by hand, sweep the deck.
- Take groceries in from the car in multiple trips.
- Take a dog for a walk. (Don't have a dog? Borrow one from a neighbor, or ask if you can join your neighbor when they walk their dog.)
- Meet your friends for a walk instead of a coffee.
- Find places you can walk to instead of driving.

PLEDGE: THIS WEEK I WILL CONTINUE TO CONSCIOUSLY ADD MORE FIBER TO EACH OF MY MEALS. I WILL ALSO CONTINUE TO USE MY HAND TO DETERMINE MY PORTION SIZES OF EACH FOOD GROUP. GUIDED BY MY SNACK PREFERENCES, I WILL CHOOSE WHOLE FOOD SNACKS AND DO MY BEST TO INCLUDE A SMALL PORTION OF EACH FOOD GROUP. I WILL CONTINUE TO BE CREATIVE IN ADDING VEGETABLES AT EACH MEAL. I WILL FIND WAYS TO ADD 3 NON-EXERCISE ACTIVITIES INTO MY DAY. MOST IMPORTANTLY, IF I FAIL TO CONSCIOUSLY ADD FIBER, DON'T KEEP AN EYE ON MY PORTIONS, INDULGE IN PROCESSED, EMPTY CALORIE SNACKS AND FORGET TO EAT MY VEGGIES AND FIND WAYS TO BE ACTIVE, I WILL REALIZE EACH MEAL, EACH SNACK AND EACH DAY IS A CHANCE TO START OVER.