

Moving Habitually

Moving for the Master

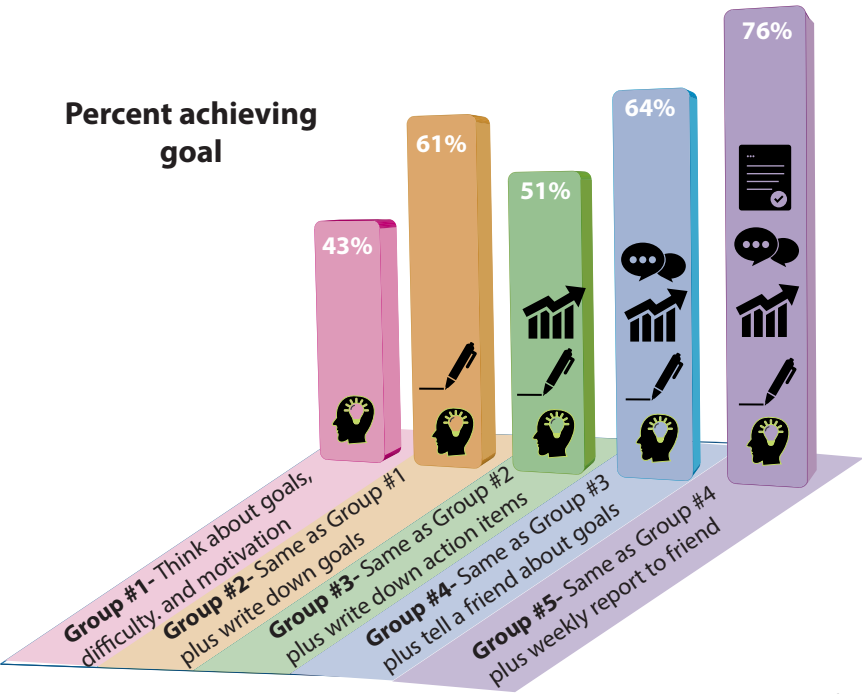
Exercise for a Lifetime of Productivity and Service

Tips for Establishing a Positive Habit

- Decide to move
- Get a partner
- Make a plan
- Write it down
- Submit a report
- Activity tracker

Activity trackers

- Start with an inexpensive model
- Find one that is easy to use
- Get in the habit of tracking your steps and sleep
- Adjust behavior based on feedback from tracker



Dangers of Excess Sitting

- 8 hours of sitting similar in health impact to smoking and obesity
- Elevates cholesterol
- Increases risk of
 - Diabetes
 - Heart disease

Without continual improvement and progress, such words as improvement, achievement, and success have no meaning. Benjamin Franklin

My Mini Plan for Habitual Exercise

- 1) _____
- 2) _____
- 3) _____