



American
Heart
Association.

2023

MOVE MORE

GUIDE





Get ready to move more!



What's good for your mind and body is good for your heart. That's why our new approach to this total health platform gives you simple resources to help nourish your mind, heart and body with science you can trust and tools you can use. Let's create healthy habits that stick!

Join us today — and get healthy for good. Here are the facts:

We're sitting too much. One in 4 U.S. adults sit for longer than eight hours each day, which can hurt your physical and mental health.

Physical activity is a powerful tool — and a mood booster. It also helps us reduce stress and lower the risk of heart disease and stroke. Getting the recommended amount of physical activity a day is linked to lower risk of diseases, improved mental health and lower risk of depression.

Staying active can help you feel, think, sleep and live better. Studies show that higher fitness levels are linked to better attention, learning, working memory and problem solving. Getting the recommended amount of physical activity can also curb depression. And you may just live longer!

Let's get started. Stand, stretch, walk, dance ... do whatever gets you moving! Here are a few tips.

Start small. Any movement is better than none, and more is better! Start out with just five minutes of movement and build from there or split it up throughout the day.

Step outside — and keep stepping. It's a great way to get moving and take in some sunlight, which can improve mood, boost immunity and help you get some vitamin D.

Put a leash on it. If you have a pet, get moving together! Exercise is a win-win for both of you.

Commit to being it. Schedule time throughout the day to move. Set a reminder on your calendar, phone or journal.

Let us help. Choose from one of the American Heart Association's Fierce [5-minute movement break videos](#) for inspiration.



FOUR-WEEK BREAKDOWN

Check out our four-week breakdown to help encourage and keep you moving more.

Week One:

Walking is one of the simplest ways to get active and stay active. With each step you take, you travel further down the path to a healthier lifestyle. Research has shown that walking can have a significant impact on your health by lowering your chances of heart disease. Get ready to walk on National Walking Day, April 6.

- [Fit in Walking Morning, Noon or Night](#)
- [Why Is Walking the Most Popular Form of Exercise?](#)
- [Move More with Your Pet](#)
- [Treat Your Feet Right](#)
- [Staying Hydrated — Staying Healthy](#)
- [Get the Right Sneakers for Your Workout Infographic](#)



Week Two:

Every journey, including your own to better health and well-being, begins with just one step. Although getting and staying healthy can feel like a big challenge, it doesn't have to be. Working small, positive steps into your daily life can help you build a healthier life routine.

Tying those positive steps to other things you already do regularly — a practice called "habit stacking," or "habit chaining" — can help turn them into ironclad habits. For instance, you could take a daily habit, like brushing your teeth, and add in a little movement, like doing five squats.

- [How to Break Bad Habits and Change Behaviors](#)
- [Read Some Fit Bits](#)
- [Remember, Easy Does It](#)
- [Change Is a Mindset](#)
- [Get Ready, Get Set...](#)
- [What's Your Endgame?](#)
- [Prepare to Succeed](#)
- [Setbacks and Recovery: That's OK](#)





Week Three:

Exercise is one of the best ways to keep your body healthy and release stress. Regular physical activity improves your mood, energy and sleep. Move more and stick with it! You'll build more opportunities to be active into your routine when you find ways to move that you like.

- [Working Out to Relieve Stress](#)
- [Move More for Whole Body Health](#)
- [How to Keep Cool During Warm Weather Workouts](#)
- [Make Every Move Count Infographic](#)
- [Limit Screen Time and Get Your Kids \(and the Whole Family\) Moving](#)
- [No Time for Exercise? Here Are 7 Easy Ways to Move More!](#)
- [Hate Exercise? 5 Tips That May Change Your Mind](#)
- [Warm Up, Cool Down](#)
- [Is Your Workout Working? Infographic](#)

Week Four:

Let's get the whole family to move more! The American Heart Association recommends that healthy children stay active throughout the day. Kids 6 and older should get at least an hour of moderate to vigorous activity daily. This helps them maintain a healthy weight and keep their hearts, brains and bodies healthy.

- [Recommendations for Physical Activity in Kids Infographic](#)
- [How Can I Help My Child Be More Physically Active?](#)
- [How to Get Your Family Active](#)
- [Limit Screen Time and Get Your Kids and the Whole Family Moving](#)
- [Breaking Down Barriers to Fitness](#)



Find your fierce on a conference call.



Find your fierce during TV time.



Find your fierce on your way.

