



Get Moving!

March 2021

Words of Wellness

The Benefits

Being physically active is one of the most important steps you can take to improve your health. People who engage in regular physical activity have a lower risk of heart disease, stroke, Hypertension, osteoporosis and some cancers. Physical activity can also reduce depression and anxiety, help to manage weight and even promote better sleep.

How much physical activity should I be getting?

Adults should be getting at least 150 minutes of **moderate to vigorous** aerobic activity and at least two sessions of strength training per week. This may sound overwhelming, but 150 minutes a week is roughly 22 minutes per day, which can be divided into smaller segments if needed. If you have been inactive for a while, slowly make your way up to 150 minutes. Remember, some activity is better than none! And, before embarking on any physical fitness program, you should always consult your healthcare provider.

How can I get motivated?

Sure, as the weather turns warmer we are more motivated to get out and move. But what happens when our ideal conditions aren't perfect. As Mel Robbins has famously said, "Motivation is never there when you need it." So create an environment to get you going. Get a walking buddy or join a group program, pack your gym shoes in your bag so you can walk before you head home, or schedule a date with yourself. Looking for ideas or ready to set some goals? The Wellness Coach or Condition Management Nurse are available to support you. Call the Wellness Center to schedule your appointment!

Make A SMART Goal!

Setting goals is a great place to start with physical activity. Try this:

Specific: What specific activity would you like to add/change?

Measurable: How much activity per day? How many sessions per week?

Attainable: Do you have the resources you need to achieve the activity.

Realistic: What can you actually do? (know your limits and start small, then build). Ask yourself, "do I like doing this activity?" if the answer is no, think about what you do like to do.

Time: How frequent and for how long will you do the activity? How often will you reflect on your efforts and check your progress.

As you experience success with your goal, how will you reward yourself?

"The best way to get started is to quit talking and begin doing." - Walt Disney

Upcoming Events

Move Your Number

A Diabetes Group Program focused on Improving your A1c.

Thursdays 4/15/21-5/6/21

4:30PM-5:30PM

For more information:

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**this program is virtual*

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