

MOVE AWESOME

Recommendation for Maximum Awesomeness: **Move 30 minutes each day.**

Moving our bodies regularly is hugely important and a key component to feeling awesome. It has as many benefits for our mood and mental health as for our physical well being. It improves the quality AND quantity of our days. Yet, many of us dread “exercise” or feel it’s impossible to find time to “go to the gym.” The key, then, is to focus on finding movement you enjoy that is convenient enough to include in your daily routine.

How much should we move? The Department of Health and Human Services and the American Heart Association both recommend at least 150 minutes of moderate aerobic activity per week (30 minutes, 5 times a week). But the daily benefits are so great (for mood and metabolism) that we recommend moving every day. Our own experiences, experiments and research have convinced us that daily activity is necessary for Maximum Awesomeness. As with every goal in 30 Days Of Awesome, we’re focused on small steps and gradual growth, so we recommend starting with 10 minutes of movement per day in Week 1 to gain momentum and not overdo it. You can increase your goal each week as you gain confidence, strength and endurance.

Read on to learn more about the importance of movement as well as tips and tricks on how to get more. Then set your Week 1 goals and enjoy all the mental and physical benefits. 😊 Moving. Is. Awesome.

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THE WHY

Moving our bodies is just plain good for us. It's what they were designed for! With appropriate amount of intentional movement during our day, we can improve our physical and mental health. Exercise helps us stay fit and can even improve our looks. Frequent movement makes us feel alive, supports positive mood and reduces stress.

BENEFITS of physical activity

- Reduced tension and stress
 - Improved mood
- Decreased depression & anxiety
- Increased energy and stamina
- Improved focus and productivity
- Healthier muscles, joints, bones
- Stronger sense of well-being
 - Better Sleep
 - Weight Loss
- Aging well & Living longer
- Activation of immune system
- Improved blood pressure levels
- Improved sexual function

CONSEQUENCES of inactivity

- Increased risk for disease:
 - Cardiovascular, diabetes, hypertension, high cholesterol
 - Metabolic rate slows
 - Weight gain
- Body uses food less efficiently
- Decrease in muscle mass
 - Digestive issues
- Increased risk of mental health issues:
 - depression, anxiety, lack of self esteem or self confidence
 - Feeling 'groggy' and lethargic
 - Poor sleep

SAY WHAT?

1) According to a 2012 study, a long-term investment in regular exercise correlates with daily increases in productivity and happiness. And a little each day is more beneficial than a lot once or twice a week. In fact, another study suggests a majority of the benefits come in the first 20 minutes of activity.

2) Research published in 2008 found that those who exercised on work days experienced significantly improved mood and inner calm.

- 72% had improved time management on exercise days vs. non-exercise days.
- 79% reported improved mental and interpersonal performance on exercise days.
- 74% said they managed their workload better.
- Those who exercised regularly reported feeling more than 40% more "motivated to work" and scored more than 20% higher for concentration and finishing work on time.

3) Daily activity has a huge effect on life expectancy. The daily investment returns 7-fold! A major study that tracked 650,000 subjects for 10 years (including 82,465 deaths) found that 150 minutes a week (22 mins per day) of "moderate physical activity" (i.e. brisk walking) yields a 7-fold return. That's 7 extra minutes of life for each minute of movement. It's no surprise when you pause to consider the many physical and mental benefits of daily exercise.

SUMMARY: "Finding time" to exercise seems well worth it. It adds to the quality **AND** quantity of our days.

THE HOW

Choose Something you Enjoy.

If this new habit is going to stick, it needs to be **something you enjoy**. Something you look forward to. Choosing an activity that you dread is sure to fail. Hate the gym? Cancel your membership. Hate to run? Don't. Do what you enjoy, and do it every day.

So, what do you enjoy? Walking? Biking? Swimming? Playing basketball? Hiking on trails? Group fitness classes? We're all wired differently. Choose something that works for you.

Pro tip: If you're having a hard time choosing an activity that you enjoy, think back to what you enjoyed as a kid, and do that. Jon loved playing basketball as a kid and just recently started playing again. He's hooked!

Choose a Time.

When are you going to do your daily movement? **Routine is your friend here**. Choose the same time every day if possible. We highly recommend the morning so that you don't skip it later in the day when you feel "too busy" or "too tired." The mental and physical health benefits make it a great way to start your day. That said, do what works best for you. Some people love exercising over their lunch hour or at the end of the work day as a mental reset before heading home.

Keep it Simple.

An activity that you can do in your house or neighborhood usually makes the most sense because it's easy to get it done. That's why walking, running or cycling is a great option for many people. **Step out your front door and do it**. An online fitness video is another easy way to knock out a workout at home. If your plan is overly complicated, you're likely to bail when obstacles arise.

Make a Plan.

Decide what you're going to do ahead of time, not when it's time to workout. Searching YouTube for workout videos or planning a route on MapMyRun.com is a great way to waste your dedicated movement time 😞. If you haven't made a plan in advance, then step out the door and start walking 😊. **Easy Peasy**.

It also helps to set out (or pack) your workout clothes the night before so you're ready to go in the morning. Make it as easy as possible to stick to your plan.

Start Slow.

Start in Week 1 with 10-minutes of activity each day. We know you're excited to make progress, but start small. The goal is gradual progress. You will gain momentum by nailing your 10-minutes-a-day goal in Week 1. Achieving a small goal feels a lot better than failing at a large goal. If you start with intense 30-minute workouts right out of the gate you may hurt yourself, be too sore to stick with your daily commitment or just plain burn out. One of the reasons we encourage you to start with 10 minutes a day is to experience the benefits of "only" 10 minutes of movement. Creating **a baseline that is achievable** every day regardless of time constraints. Realizing the value of a 10 minute workout will help you commit to a daily habit rather than falling off the bandwagon with an "all or nothing" mindset down the road when life gets busy.

Get Creative.

On days when a packed schedule makes it tough to fit in a workout, find a creative way to make it happen. Walk on your lunch hour. Have a walking meeting with a colleague instead of sitting in an office. Walk to lunch. Ride a bike to work. Play tag with your kids at the park. When all else fails, commit to a 10 minute walk right after work, or right after dinner. **Find. A way. To move.**

AWESOME MOVEMENT OPTIONS

Here are some great workouts you can find online and do at home with little or no equipment in 10-15 minutes.

Beginner-Intermediate level:

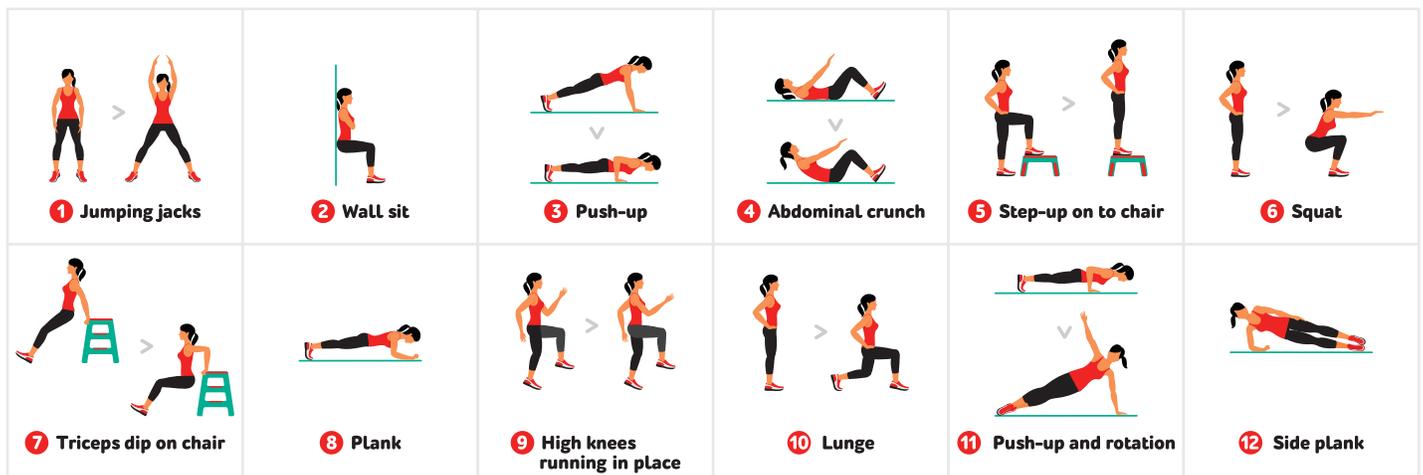
- Yoga (13-minute video): <https://www.youtube.com/watch?v=l0Ebi54JjUA>
- Cardio/Low-impact (13-minute video): <https://www.youtube.com/watch?v=9H9qdpUzu4M>

All Levels:

We're fans of the "Scientific 7-minute Workout" that the American College of Sports Medicine developed. It's a pretty stinkin good workout. In a short time it hits the major muscle groups and gets your heart rate up. It doesn't require a ton of space or any equipment. We recommend alternating this circuit training with walking or running every other day. Or tack it on after a walk or run to add a little strength training to your typical routine.

Scientific 7-minute Workout:

Perform as many reps as possible of the following exercises in order for 30 seconds each. Rest for 5 seconds between exercises. The circuit can be repeated 2 to 3 times if desired.



7-minute video 1 (PopSugar Fitness): <https://www.youtube.com/watch?v=l8cpjmZkz3I>

7-minute video 2 (Fitstar): <https://www.youtube.com/watch?v=5LqKbFhnJCI>

Download the 7-minute workout app. We like Wahoo. It's simple. Put on your own music to keep you going! Do 1-3 rounds (more as you gain strength and endurance, or if you have more time.)

Intermediate-Advanced Level:

HIIT Challenging Workout (15 mins): <http://thebettyrocker.com/15-minute-full-body-shred-hiit-no-equipment/>

Other Options: Walk. Jog. Climb stairs. Bike. Hike. Swim. Dance. Play hockey or soccer. Play tag. Just. Move.

If you're in Holland, be sure to join us for **FREE Group Workouts** ever Saturday in January!

30 DAYS OF AWESOME OPTIONAL MOVEMENT CALENDAR

YOU DO YOU. This is just a guide for those who appreciate instruction. If you prefer to walk without running, or run without walking, or to skip the “7-minute Workout” and just walk every day, go for it. If you prefer playing basketball with a friend or by yourself, do it. Find something you enjoy and do it every day. Just start slow so you can build momentum and avoid injury and burn out. And remember, it’s not “all or nothing”. Even on your busiest day, find a way to get at least 10 minutes of intentional movement. Your mind and body will thank you. 😊

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
10 Minute Goal	1 10 Minute Walk	2 7 Minute Workout +3 Minute Walk	3 10 Minute Walk	4 7 Minute Workout +3 Minute Walk	5 10 Minute Walk	6 7 Minute Workout +3 Minute Walk 9am Group Workout @ Holland Aquatic Center	7 10 Minute Walk (Invite a friend or a spouse:)
20 Minute Goal	8 10 Minute Walk (1 Min Run)x2 (1 Min Walk)x2 6 Minute Walk	9 7 Minute Workout +13 Minute Walk	10 10 Minute Walk (1 Min Run)x3 (1 Min Walk)x3 4 Minute Walk	11 7 Minute Workout +13 Minute Walk	12 8 Minute Walk (1 Min Run)x4 (1 Min Walk)x4 4 Minute Walk	13 7 Minute Workout +13 Minute Walk 9am Group Workout @ Riley Trails	14 20 Minute Walk (Invite a friend or a spouse:)
30 Minute Goal	15 10 Minute Walk (1 Min Run)x5 (1 Min Walk)x5 10 Minute Walk	16 7 Min Workout x2 +15 Minute Walk	17 10 Minute Walk (1 Min Run)x6 (1 Min Walk)x6 8 Minute Walk	18 7 Min Workout x2 +15 Minute Walk	19 8 Minute Walk (1 Min Run)x7 (1 Min Walk)x7 8 Minute Walk	20 7 Min Workout x2 +15 Minute Walk 9am Group Workout @ Holland Aquatic Center	21 30 Minute Walk (Invite a friend or a spouse:)
30 Minute Goal	22 10 Minute Walk (2 Min Run)x4 (1 Min Walk)x4 8 Minute Walk	23 7 Min Workout x2 +15 Minute Walk	24 10 Minute Walk (2 Min Run)x5 (1 Min Walk)x5 5 Minute Walk	25 7 Min Workout x2 +15 Minute Walk	26 8 Minute Walk (2 Min Run)x6 (1 Min Walk)x6 4 Minute Walk	27 7 Min Workout x2 +15 Minute Walk 9am Group Workout @ Holland Civic Center	28 30 Minute Walk (Invite a friend or a spouse:)
30 Minute Goal	29 8 Minute Walk (3 Min Run)x4 (1 Min Walk)x4 6 Minute Walk	30 7 Min Workout x2 +15 Minute Walk	31 6 Minute Walk (3 Min Run)x5 (1 Min Walk)x5 4 Minute Walk				

“No matter how slow you go, you are still lapping everybody on the couch.”

YOUR **MOVEMENT** GOALS

Recommendation for Maximum Awesomeness: **Move 30 minutes each day.**
Start with 10 minutes/day in Week 1. 20 mins/day in Week 2. 30 mins/day by week 3.

Where are you at currently?

I currently move _____ minutes per day.

Let's improve one week at a time!

Commit to 10 minutes of intentional movement in Week 1.

Increase your goal as you gain momentum, strength and endurance.

Movement goals should be in intentional chunks of time (10 minutes or more).

Incidental movement throughout the day is GREAT, but doesn't count toward your intentional movement goal.

My Goal for **AWESOME** Moving:

Week 1: _____ minutes per day.

How will you achieve your goal?

What time will you "move"? _____

Describe your new movement routine:

What will you do? When? Where? The same thing every day? Or alternating every other? We highly recommend having one "default" routine, even if you enjoy mixing it up. That way you remove the guesswork and stress of not having a plan. Walking for 10 minutes is a great default. Write it down in detail.

Envision how good your mind and body will feel from moving every day. Picture your improved mood, energy, and inner calm. Make it so.