

Getting Started with Movement

Movement provides a very clear path for addressing the physiological underpinnings of anxiety, depression and fatigue. Maintaining our bodies – by sustaining muscle mass, balance, endurance, and metabolic fitness – also helps us our brains’ plasticity.

When movement is used to improve our daily lives, the practice can be sustained, built on, and enjoyed. Remember – you’re in your body for the long haul, so it’s all about creating the start of a movement program that will maintain or improve your energy and mental clarity over time.

*It’s important to start where you’re at, rather than where you want to be.
Trust that improvement will come with time!*

Here’s a list of ideas to get you going:

- Increase your daily step count by 10% per week.** If you’re walking 1,000 steps per day now, try to reach 1,100 steps per day next week, and then 1,210 steps per day the following week, and so on. In 8 weeks, you’ll have doubled your daily steps. This may seem like slow progress, but in 5 months you’ll be walking over 7,000 steps per day!

Are you wondering how to get this done? Try:

- Walking meetings, whenever you don’t need to be in front of a screen.
- Take the stairs instead of the elevator.
- Do a loop around your house, backyard, neighborhood.
- Take the “long way” to where ever you’re going (breakroom, restroom, mail box) or purposefully park further away from an entrance. Little “bits” add up!

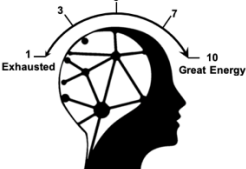
- Add one to three 30-second Power-Ups per day.**

- Wall pushups
- Jumping jacks or half-jacks (clapping arms overhead)
- Chair squats
- Dance

What is a Power-Up?

- It’s easy to do
- Takes as little as 30 seconds, & no more than 5 minutes or so
- Can be done in all sorts of places without changing your cloths
- Doesn’t increase pain or fatigue
- Intentionally & repetitively uses your muscles
- Raises your heart rate, but probably won’t cause you to break a sweat

Check off a few that you can commit to doing for 30-days, then fill out the personal commitment form on the back side of this page.

	<p>Rate your energy level before & after moving your body.</p> <p>How do you feel?</p>	<p>BEFORE THE EXPERIMENT</p> <p>1 10</p> <p>Empty Full</p>	<p>AFFTER THE EXPERIMENT</p> <p>1 10</p> <p>Empty Full</p>
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Personal Commitment Contract:

For the next 30 days I commit to engaging in the following activities that will increase my energy and mental clarity:

Instructions:

1. Write your chosen activities in the space above
2. ✓ Check off the days that you met your goals and make any notes that are useful to you.

Start date: _____ End Date: _____ Signature: _____ Date: _____

<i>Start date</i>	<i>Committed Activity</i>	Energy Level (1-10)	Notes
Day 1			
Day 2			
Day 3			
Day 4			
Day 5			
Day 6			
Day 7			
Day 8			
Day 9			
Day 10			
Day 11			
Day 12			
Day 13			
Day 14			
Day 15			
Day 16			
Day 17			
Day 18			
Day 19			
Day 20			
Day 21			
Day 22			
Day 23			
Day 24			
Day 25			
Day 26			
Day 27			
Day 28			
Day 29			
Day 30			

How many 30-day periods can you string together to meet your long-term goals?

Print this page again and keep going!



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ProteinForAll.org

