





Risk Factors of Inactivity

- Adversely effects mental health
- Higher risk of death from heart disease
- Higher risk of being disabled



Barriers To Success



Barriers To Success

- "I have to work out for an hour"
- Not enough time
- Don't enjoy the experience
- Lack of equipment



Barriers To Success

- Fear of failing
- Everything else gets in the way
- No support team
- Sitting is easy



Easy Steps To Implement

- Log your movement activity
- List activity you do within the area you are in
- Commit to one exercise or stretch each morning before getting out of bed

Easy Steps To Implement

-  Set a timer to move every 30 minutes
-  Play with movement patterns

Seven Basic Movement Patterns


-  Take walks!

