

## Moving for a Healthy Weight

Want to lose weight and keep it off? Regular, enjoyable physical activity is an essential part of any successful weight management plan. These six simple steps can help you and your family move toward a healthy weight - and a fit future.

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### 1. Make a commitment to physical activity

There is no way around it. An active lifestyle is essential to maintain a healthy weight. However, there's **NO** need for painful exercise or boring workouts. All it takes is a commitment to regular, enjoyable physical activity - for the rest of your life.

### 2. Make physical activity a part of every day

Most people identify **TIME** as the biggest obstacle to exercise. The secret is to fit fitness into your normal day. The good news is that every step counts. Set a simple activity goal: **at least 10 minutes at a time - at least 30 minutes total - at least 5 days a week.**

### 3. Be active at least 10 minutes at a time

If you have an hour to go to the fitness center, that's great. If you don't, it's still possible to get the activity you need for weight management and overall health. All it takes is **TEN minutes of activity at a time** - like walking around the block or around the mall.

### 4. Be active at least 30 to 45 minutes a day

You can do it all at once; you can do 10-minute "sparks" of activity. You can do it inside or you can do it outside. You can do it alone or you can do it with friends. All you have to do is get a **TOTAL of 30 to 45 minutes** of fun physical activity on most days of the week.

### 5. Be active at least 5 days a week

Some people like the routine of going to a class at the gym, while others get bored doing the same thing day after day. Fitness classes, dancing with friends, playing with the kids, walking the dog, mowing the lawn, it **all counts** - just do something every day (or almost).

### 6. Choose activities you enjoy

Change the "E" word from *exercise* to **ENJOYMENT**. Dance with a loved one, walk the dog or fly a kite. Put on some music and rock around the house. If you love what you are doing, you'll keep doing it - and you'll keep moving toward a healthy weight.

