



**Getting fit!**

**The more you do...the better for you!**

**Moving more every day**

# The More You Do, the Better for You

Moving More throughout the day is a good starting point, but we need to do more to reach the minimum daily physical activity recommendation for good health.

Physical activity is not an all or nothing thing. We usually think of spending hours in the gym or running when we think of physical activity. Those are not the only ways to be active. You are in control of how much you do. This means you are in control of how great you will feel.

A walking plan is a good way to get started. Use this tracker to help you reach your personal goals.

## WEEK ONE: Walk briskly 15 minutes three days a week.

Sunday  Monday  Tuesday  Wednesday  Thursday  Friday  Saturday

## WEEK TWO: Walk briskly 20 minutes three days a week.

Sunday  Monday  Tuesday  Wednesday  Thursday  Friday  Saturday

## WEEK THREE: Walk briskly 30 minutes most days a week.

Sunday  Monday  Tuesday  Wednesday  Thursday  Friday  Saturday

### FOCUS ON PLAY AND ENJOYMENT FOR YOU AND YOUR FAMILY.

- Set small goals to increase your daily physical activity.
- Adults need at least 30 minutes of moderate physical activity most days of the week for overall health. Children and adolescents need at least 60 minutes of moderate physical activity each day.
- Do something you enjoy. Choose activities that increase your heart rate and breathing like brisk walking, dancing, swimming, or bicycling.



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