



HEALTHY HABITS PROGRAM

FEBRUARY'S HEALTHY HABIT

GET MOVING!

WORK OUT 3 TIMES A WEEK

TRACKING SHEET

Sunday _____

Monday _____

Tuesday _____

Wednesday _____

Thursday _____

Friday _____

Saturday _____

Notes: _____

HELPFUL TIPS

■ For February's Healthy Habits goal, we're challenging you to start exercising for 30 minutes, three times a week—or the equivalent. If you're at that level now, increase to five times per week, or up the intensity.

■ Aerobic exercise is defined as sustained, brisk physical activity that causes your heart and lungs to beat and pump harder to meet increased oxygen demands.

■ Split your workouts in half if it's easier. Performing two smaller workouts that add up to your usual workout—for example, two 15-minute routines instead of one 30-minute session—still burns the same amount of calories, plus it temporarily revs your metabolism twice instead of once, so your body burns more calories after your workout.

■ Make life less convenient: Intentionally park your car in the farthest spot possible, skip the elevator and use the stairs instead, use a basket when shopping instead of a cart, or, simply leave the things you use every day—like your keys, phone, shoes, etc.—in places where you'll have to walk a little farther for them.

■ Mix what you like with what you loathe: Find that "one" activity you can't live without—such as talking on the phone, watching your favorite show or shopping or surfing on-line, for example—then "only" allow yourself to do it as you exercise—or immediately afterwards.

■ Exercise with friends: it's fun, supportive, and healthy.