



MOVE MORE MONTH

APRIL



What is National Move More Month?

April is National Move More Month, a great reminder to increase your physical activity levels. Not only does moving more improve your physical health, but it also boosts your overall mood. [Recent studies show](#) a decline in physical activity rates across the United States, a trend that may be impacting those you care about.

4 Week Physical Activity Plan by the American Heart Association

- » **Week 1: Walk more to reduce stress** – Establishing healthy habits can begin with a simple action such as walking, which has the potential to promote a longer and healthier life. Explore opportunities to [incorporate walking into your routine](#) morning, noon, or night.
- » **Week 2: Get moving with your pet** – Research indicates that pet owners generally lead more active lifestyles, enhancing the likelihood of meeting fitness goals. [Incorporating increased physical activity with your pet](#) not only promotes health for both parties but also helps maintain high levels of motivation.
- » **Week 3: Stay motivated** – It is not uncommon to encounter challenges when starting a new fitness regimen. It's important to discover strategies to help you [overcome a fitness plateau](#) and maintain your progress. Stay inspired as you work toward achieving your goals for a healthier and more fulfilling lifestyle.
- » **Week 4: Establish consistency** – As you take the next steps in your fitness journey, it is essential to transform these activities into regular practices. By [integrating these habits into your daily life](#), you will create a sustainable routine that promotes a healthier lifestyle.

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Ways to Move More in 10 Minutes:

- Walk briskly for 5 minutes, turn around and walk back
- Dancing to 3 songs (standing or seated)
- Park farther away in the parking lot
- Take the stairs instead of the elevator
- Join a friend or family member for a walk
- Grab the leash and walk your dog
- Try a [10 minute workout](#)
- Walk and talk during personal calls

State of Maine employees who are eligible for State-paid benefits are also eligible for the [Gym Membership Reimbursement Program](#). More information can be found on the [Office of Employee Health, Wellness, & Workers' Compensation website](#).



[WellStarME](#) is home to a number of evidence-based [physical activity resources](#). To access these resources, visit www.wellstarme.org to log in or sign up today!

Sources:

[National Institutes of Health - Move More](#)
[American Heart Association - Move More Together](#)
[U.S. Centers for Disease Control and Prevention - Physical Activity](#)