

What Moves YOU?

We are aware that regular physical activity is beneficial. But, don't just do it! First, stop and think. What could a physically active lifestyle mean for you? Why is this change important and worth your valuable time and effort? How would it improve your life or the lives of others? There are many benefits to gain by moving more and sitting less than just building a better body...



What are a few of the specific ways that you could personally benefit by being involved in regular physical activity?

- Could you benefit by improving your physical capabilities? What could you do, or do more easily?
- Could you benefit by improving your health, reducing your risk for disease or managing an existing condition better?
- Could you benefit by feeling better physically and/or psychologically? (In some studies, physical activity was a better treatment for mild to moderate depression than medication.)
- Could it assist with your attempts to manage your weight?
- Could you benefit by experiencing improved bodily functions like better sleep, sex and digestion?
- Is setting an active example for family, friends, coworkers or patients important?
- Is the ability to age more effectively a priority?
- Do you need to prepare for an active event or just be conditioned to cope with the demands of your everyday life?
- Could physical activity be an opportunity to spend time with others?
- Could it be part of your attempt to deal with stress?
- Could physical activity serve a practical purpose? Are there opportunities for activity at home, work or transportation that you could take advantage of?
- Could physical activity be fun? Could it become a pleasant pastime that you actually look forward to doing or possibly even a passionate pursuit that you can't imagine living without? Play is not just for kids. Just do it really can become, just try and stop me!

Regular physical activity not only builds a better body, but also provides psychological and cognitive benefits, enabling you to physically do things better, to feel better and to think better. Regular movement improves your capability to perform all of the important roles in your life, like being a parent, a partner, a provider, or a practitioner more easily and effectively.

Since it essentially enables you to become a better person (physically, psychologically and cognitively); could committing to moving regularly result in a **feeling of accomplishment and a greater sense of purpose or self-satisfaction**, because doing it is the right thing to do?

Could a commitment to moving regularly become one of your core values? A belief, which is so fundamental, that it guides your behavior and is something you do because you consider it an essential part of how you define who you are.

What Moves YOU? Could physical activity be FUN or FULLFILLING? Could it be a source of PLEASURE and PURPOSE in your life? Consider the possibilities...Then, take a step in the right direction by beginning to move more and sit less.

For assistance: Contact Peter Pellerito at the UNMC Center for Healthy Living - 402-559-5253 ppellerito@unmc.edu

Movement Matters!

In our modern high-tech world, physical activity is no longer automatic. We have to commit to leading a regularly physically active lifestyle. We have to choose to move!

The reasons we have for moving can fuel our motivation to move.



Take the time to read and reflect upon the ways that you could benefit by moving regularly.



Why are they meaningful to you and how could they help to motivate you?

Which do you consider your most important reasons to move?

Complete this sentence. My primary reason to exercise is because I want to...

How do you feel about physical activity and how does it make you feel?

Can you shift your thinking about moving from obligation to opportunity?



Does physical activity provide a source of pleasure and purpose in your life?

How could physical activity be more FUN or FULLFILLING?

How could you use physical activity to improve your life?



Even small things when done consistently, can make a significant difference over time. More is not always necessary or necessarily better. Something is always better than nothing. An effective strengthening exercise can be completed in less than two minutes, a stretch in less than one and every step counts.