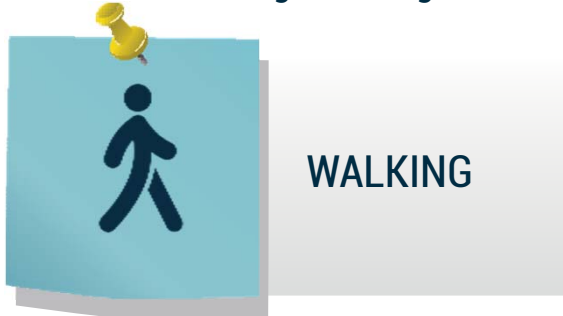


Evidence based guidelines point to movement as the first line of treatment for chronic pain. Let's find some ways to incorporate more movement into your daily life. Which of the following activities will you do this week to begin moving more?



- Start counting your steps with a pedometer or smart phone walking app. Gradually build up to 7,500–10,000 steps daily
- Go for a 10- to 15- minute walk at lunchtime
- Volunteer to walk a dog each day
- Find places in your community to walk & explore
- Park farther away from the store
- Get up 20 minutes early for a refreshing walk around the block ( or house)
- Take children/grandchildren for a walk
- Joints hurt too much to walk? Try water walking in a pool 3- times a week, you don't even have to be able to swim!
- \_\_\_\_\_

- Get up every 30 minutes for a walk down the hallway
- Have phone conversations standing or walking around
- Go meet people at their desks or other offices
- If you can't stand, try foot slides, knee lifts, arm circles, etc.
- Find lunch or break walking buddies
- \_\_\_\_\_



- Use stairs whenever possible
- Park farther away to extend your walk
- Walk & watch that special TV show; get up and walk at every commercial
- Join a gym with a friend to keep you motivated
- \_\_\_\_\_

What I plan to do today to move: \_\_\_\_\_

\_\_\_\_\_

Thank you for making this important STEP toward better health!