

Week 4: Small Changes to Increase Physical Activity

You spoke, WE listened

82% of Petersburg residents would like to increase physical activity.

To reach this goal, they value

-SUPPORT - and - ENCOURAGEMENT-

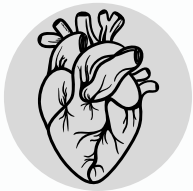


This week, we overview small changes that can be made to increase physical activity.



But First: Benefits of Exercise

As few as 10 minutes of physical activity a day can provide the following benefits:



Improved heart, lungs, and fitness



Reduced stress



Reduced the risk of some cancers



Assistance with weight loss & management



Strengthened bones & reduces risk of arthritis



Improved sleep



Decreased risk of anxiety & depression



Increased energy

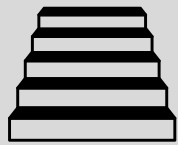
Small Changes to Physical Activity



These small changes require little time and effort, but can make a big impact on your daily step count and overall health!



Walk in instead of using a drive-thru



Take the stairs instead of the elevator



Park on the far side of the parking lot



Walk the dog a few extra blocks



Schedule a walk and talk meeting



Set reminders to stand up and walk around



March in place while watching TV



Walk while taking a phone call



Get off the bus a stop or two early



Visit a coworker instead of sending a message



Stroll around while watching a sporting event



If early, walk around the building

With all of these strategies, you may wonder “*What is the **BEST** strategy to improve my health?*”

The answer is: any strategy you choose and can turn into a habit!



Call to Action

What SMART goals can you create around increasing physical activity this week?

Goal Guidance:

- Consider how many steps you average on a daily basis and aim to increase this number by 2,000 steps.
- Which small changes will easily fit into your daily routine?
 - **When** and **where** will you incorporate these changes?
- What challenges might you face in reaching your goal?
- Is there anyone that can support you, or join you, in reaching your goal?
- How will you track your progress?
- How can you celebrate or acknowledge your successes?