

2022 EAT, LIVE, AND BE HEALTHY WELLNESS CHALLENGE

FEBRUARY
2022

In 2022, the Chronic Disease Action Team of the Healthy St. Mary's Partnership is encouraging community members to join our year-long wellness challenge. This challenge will promote healthy habits, provide education and resources, and encourage community members to eat, live, and be healthy in 2022!



"Motivation is
what gets you
started. Habit is
what keeps you
going."

-Jim Ryun

Increase your weekly physical activity minutes

If you have not been physically active in a while, you may wonder how to get started again. Here are some tips:

- Look for opportunities to reduce sedentary time and increase active time. For example, instead of watching TV, take a walk after dinner.
- Set aside specific times to make physical activity part of your daily routine.
- Start with activities, locations, and times you enjoy. For example, you might like morning walks in your neighborhood; others might prefer an online class after work.
- Try activities with friends or family for motivation and mutual encouragement.
- Start slowly and work your way up to more physically challenging activities.
- Federal guidelines recommend 150 minutes of moderate-intensity physical activity a week for adults. You might split that into 30 minutes 5 days a week.

FEBRUARY RESOURCES

VIDEO
MESSAGE



Weekly Exercise and Physical Activity Plan

Use this form to make your own exercise and physical activity plan — one you think you really can manage. Update your plan as you progress.

Find Your Starting Point

For a couple of weekdays and a weekend, write down how much time you are physically active (for example: walking, gardening, playing a sport, dancing, lifting weights). Use this log to find your starting point and identify ways to increase your activity.



Remember to submit your Physical Activity Log by March 1 to be entered to win this month's prize!

SUBMIT YOUR
PHYSICAL ACTIVITY
LOG HERE