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Self-Care | Made Simple – Move More

Self-care does not have to be complicated, but it should include actions that promote your physical, mental, and emotional health. “Self-Care | Made Simple” offers practical tips - easy, actionable steps you can take to enhance your well-being that follow three key pillars: Eat Well. Stress Less. Move More.

This month’s focus is to “**Move More**” with this tip: **Be realistic with your exercise goals.**

You know the phrase, “biting off more than you can chew”? I am sure we can all relate to that phrase in some way whether it’s a project you took on or a commitment you made. It never ends well, right?

This phrase also applies to your health and wellbeing. It is great to have big ambitions for your health and wellbeing goals, but you are better off starting small and setting realistic goals to keep yourself healthy.

Did you know...90% of people quit their fitness goals after just 3 months of setting them? Why? Because they start too big and set unrealistic goals—like training for a marathon before they can even run a 5K. The key is to set realistic goals, so you can feel accomplished, and see long-lasting results.

How do you get started? You can take a 5-minute walk before or after work, or march in place during TV commercial breaks. No matter what, just move!

