

# Life's Simple 7: Get Active

Hi, I'm Rachael. We're going to talk about what it takes to get moving and why it matters.

A recent American Heart Association survey shows that fewer than two out of every 10 Americans get the recommended 150 minutes or more of moderate physical activity each week. So you're not alone. And if you scored less than excellent in physical activity, I've got good news for you. If you can put one foot in front of the other, you can improve your score, guaranteed. It's that simple. Get moving.

Regular physical activity can stop heart disease before it starts. In my late 20s and early 30s, I let exercise disappear out of my life. But after having 3 kids right in a row, I needed to get in shape just to keep up with them. When my kids were little, they were always wanting my full attention. I realized there was no way I was going to get exercise by waiting for life to slow down. So I promised myself I would get my exercise no matter what.

Twice a day, I find some way to get my heart rate up. Sometimes they would hear me say, kiddos, unless there's blood or fire, I'm getting my 15 minutes on this treadmill. And you know, by adopting this attitude, I also discovered the satisfaction of taking charge of my life and living out my action plan for good health. I felt like a better mom because I was demonstrating to my kids the importance of taking care of our health. And you know, kids need at least 60 minutes of moderate to vigorous activity. So it's really important for all of us. So here's the plan for getting your physical activity into the excellent range of 150 minutes a week. So first tell yourself. No excuses. Get moving. Moderate activity 30 minutes a day, at least 5 days a week. Just like eating, sleeping, and brushing your teeth, physical activity is one of life's basics. It just must be done. And really, it's very simple. Just move in some way that increases your heart rate.

A walking program has the best success rate because people stay with it. We invite you to explore our start program, which offer social support too. But hey, do what works for you. If it gets your heart rate up, for 30 minutes, it counts. Just do something. Make the time. Yep, that's the number one excuse: time. Lots of us believe we don't have time to exercise.

I know, we're busy and life can interrupt our plans but physical activity, once you begin enjoying the benefits, can help your entire life feel more focused. So if time is your excuse, block out an exercise slot and don't take 'no' for an answer. Now we can blast you with exercise facts, evidence, numbers, pie charts and health factors all day long. The evidence is clear that physical activity increases your health in so many ways. But the danger/ avoidance strategy can also sabotage the fun. So let's plan for success.

What is it that you really like to do? Maybe you're a reader. Listen to audio books while you walk. Perhaps your idea of a great day is lunch with a friend, so meet for a walk. Or maybe you're motivated by rewards. Here's what my teenage daughter does. She doesn't especially enjoy exercising but she does like shopping. Every day that she tackles 30 minutes of exercise, she pays herself a dollar. Remember the simple 7 together create your total heart score and physical activity can improve the score for everyone who invests the time. I know it's not always easy. But it is always worth it. Join me. Let's get moving.