

MOVEMENT

In Total, Americans Are Sitting An Average Of 13 Hours A Day And Sleeping An Average Of 8 Hours Resulting In A Sedentary Lifestyle Of Around 21 Hours A Day.

Why Is Movement Outside Of The Gym Important?

Movement helps prevent heart disease and other chronic illnesses, improves mood, reduces stress, improves sleep, improves energy, and burns calories!

What Is A Good Step Goal?

As always 'it depends'. However, it's a good thing to ask yourself - "where you are starting?"

If you have no idea of the number of steps you take a day... the first step is to start tracking (we love the oura ring, garmin vivo, and really any wearable).

The next step is to add 1,000 per week on top of your current total.

The 'north star' goal would be 8k steps a day. Up to 10k is great, but getting more isn't actually better because it may limit recovery!

Tips To Move More:

- **Park Farther Away From The Front Door Of The Store/Work/Gym**
- **Schedule A Daily Walk**
- **Take Breaks At Work And Walk Around Your Building**
- **Take Friends On Walking Dates**
- **When You Catch Yourself Scrolling, Go For A Walk Instead**
- **Take Calls While You Walk**
- **Random Dance Party!**