

Week 8 Get More Active

Why is it important to be active?

- Strengthens our bodies
- Prevent chronic illnesses
- Promotes a healthy body weight
- Improves our mood
- Can help with learning

What are some ways to increase your activity?

- Increase the amount of time you are active
- Increase intensity- add weights or resistance (dynabands, free weights (canned goods), going up stairs/ hills instead of walking on a flat surface, speed walking or jogging instead of walking)
- Try some new activities

Think back to when you started this program- is it easier to be more active? Is being active becoming a habit, a regular part of your day? The benefits of being active will last a lifetime 😊

Week 8: Helpful Links and Ideas to Help You Get More Active



How to do a tricep extension and shoulder press with water bottles



Water Bottle Workout - Effective Arm Toning Exercises



Total Body Burn with Water Bottles