

## MOVEMENT

# Recharge Your Life *With Movement*

*Move for Vitality*

---

*Our bodies were made to move.*

Movement is not simply about burning calories, losing weight, or completing a workout. It influences nearly every system in the body. Your heart, muscles, bones, brain, metabolism, balance, mood, sleep, independence and longevity.

And one of the most encouraging findings from the research is this:

*You do not have to become an athlete to benefit.*

Moving from very little activity to some regular movement produces substantial health benefits. Consistency matters far more than creating the perfect exercise program.

## 01 Start With Walking

*Walking may be one of the best places to begin. It is simple, accessible and remarkably powerful.*

A major 2025 review examining daily steps and health outcomes found that benefits increased considerably as people moved from very low step counts toward about 7,000 steps per day. Compared with 2,000 steps, roughly 7,000 was associated with a 47% lower risk of all-cause mortality and lower risks of cardiovascular disease, dementia, depression, diabetes and falls.

### **But 7,000 is not a pass/fail number.**

If you currently average 3,000 steps, adding another 500 or 1,000 matters. Benefits begin well before 10,000 steps.

#### **TRY IT**

- A 10-minute walk after a meal
- Walking while talking on the phone
- Parking a little farther away
- Taking a morning or evening walk
- Walking with a friend or exploring a trail

*The best step goal is one that gently moves you beyond where you are today.*

## 02 Take Movement Outside

A walk becomes something slightly different when you take it into nature. Research on "green exercise" suggests physical activity in natural environments may provide additional benefits including improved wellbeing and reduced stress, anxiety, fatigue and negative mood.

Nature exposure itself has been associated with better mental health, cognitive function, blood pressure, physical activity and sleep.

*walk the trail · hike the woods · walk the beach · garden · bike outside · paddle*

A hike doesn't have to involve a mountain. A local trail or park offers the same combination of movement, sensory stimulation and connection with the natural world.

## 03 Don't Forget the Water

Swimming and water exercise offer cardiovascular conditioning with relatively little joint impact. Water also provides resistance in every direction, allowing movement of the arms, legs and trunk without traditional weights.

Research on aquatic exercise suggests benefits for physical fitness as well as mood and anxiety.

### TRY IT

*Swimming isn't your thing?*

- water walking
- aqua aerobics
- paddleboarding
- kayaking
- gentle pool exercises

*Movement does not have to happen in a gym.*

## 04 Build and Protect Strength

If there is one form of movement that becomes increasingly important as we age, it is resistance training. Muscle supports mobility, balance, metabolic health, bone loading, everyday function and our ability to remain independent.

Muscle-strengthening activity has been consistently associated with lower risks of premature mortality and several chronic diseases.

*What you do consistently matters far more than the perfect plan.*

The 2026 ACSM position stand on resistance training reviewed more than 130 studies and over 30,000 participants. Its clearest conclusion: the biggest step is going from no strength training to some strength training.

## A SIMPLE STRENGTH PLAN

# Two days a week, *across six simple patterns.*

Aim for 2 days each week and work the major areas of your body. Start with one set of each movement using a resistance that feels challenging but allows good form.

**PUSH**

Wall push-up, chest press, or overhead press

**PULL**

Resistance-band row or cable row

**SQUAT**

Chair sit-to-stand or squat

**HINGE**

Hip hinge or deadlift pattern

**CARRY**

Carry dumbbells, groceries or a manageable load

**CORE + BALANCE**

Bird dog, plank variation, or standing balance

*Over time, you can gradually add resistance, repetitions or another set. Weights are only one option: resistance bands, body weight and household objects all create resistance.*

## 05 Movement That Restores

*Not every form of movement needs to elevate your heart rate dramatically.*

### **Yoga**

Combines movement, balance, flexibility, strength and breath. Research in older adults shows improvements in physical function, balance and quality of life. Try gentle yoga, restorative, chair yoga or slow flow.

### **Tai Chi + Qigong**

Slow intentional movements combined with balance, breath and focused awareness. Reviews suggest benefits for physical function, cognitive and psychological wellbeing, anxiety, depression and balance, especially in older adults.

### **Stretching + Mobility**

Stretching improves range of motion; mobility work lets you actively control that range. Do it because it helps you move well and feel good, not because every workout needs an elaborate routine.

## 06 How Much?

Public-health guidelines recommend that adults gradually work toward:

**150-300 minutes**   moderate aerobic movement each week

*or*

**75-150 minutes**   vigorous activity

*plus*

**muscle-strengthening**   at least 2 days each week

*But don't allow the guideline to become the barrier. Start where you are, whether that's five minutes on your feet, a short walk, a few chair squats, or dancing in your kitchen. It all counts.*

## RECHARGE YOUR LIFE

# Keep It Simple

---

*If you're overwhelmed by exercise advice, start here:*

### 1 **WALK**

Move a little more than you currently do.

### 2 **GET STRONG**

A simple full-body resistance routine, twice a week.

### 3 **MOVE OUTSIDE**

Take some of your movement into nature whenever possible.

### 4 **STAY MOBILE**

Include yoga, Tai Chi, Qigong, stretching or mobility work.

### 5 **DO WHAT YOU ENJOY**

The movement you return to is more valuable than the perfect program you quit.

*Move because your body was designed to move.*

---

#### KEY SOURCES

ACSM. Resistance Training Prescription for Muscle Function, Hypertrophy, and Physical Performance in Healthy Adults. Position Stand, 2026.

Ding D, et al. Daily steps and health outcomes: systematic review and dose-response meta-analysis. The Lancet Public Health, 2025.

World Health Organization. Guidelines on Physical Activity and Sedentary Behaviour.

U.S. Dept. of Health and Human Services. Physical Activity Guidelines for Americans.

Green-exercise, nature-exposure, aquatic-exercise, Tai Chi/Qigong systematic reviews (PMC).

*Educational information only. If you have cardiovascular disease, significant osteoporosis, balance problems, an injury, recent surgery or another medical condition that may affect exercise, talk with your healthcare professional about appropriate activity and modifications.*