

“Move and Groove” Activities

“The elevator to success is out of order. You’ll have to use the stairs ... one step at a time.” — Joe Girard



CHOOSE TO MOVESM

Congratulations! You’re a part of the first-ever **Choose To Move** team component. Use these suggested activities to develop camaraderie among your team and to enhance the messaging in the **Choose To Move** handbook. Add your own ideas! Cold weather? Hot weather? Raining? E-mail us at ctm@heart.org and let us know how your team continues to stay active regardless of what Mother Nature sends your way. We may post your “Move and Groove” suggestions on our website for other teams across the country to try.

Take **Choose To Move** outdoors! Look in your community to find places where you can be active. Almost everywhere you look, you can find an opportunity to move. Get out and explore local parks, lakes, walking trails and recreation centers where your team can “Move and Groove”.

Remember, being physically active is a journey, not a race. It’s all about finding what activities you like best. So, get the fun started. A world of new activities is waiting for you!

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Bayer Aspirin®, maker of the Bayer Women's Aspirin Plus Calcium is a proud sponsor of the Choose To Move program for women.

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Be Active!

- Start a walking club.
- Bike ride together.
- Participate in an aerobic class.
- Workout with an exercise videotape.
- Participate in a stretching class.
- Conduct a workshop with a personal trainer. Have the trainer demonstrate strength-training exercises that participants can do at home. Try something new ... exercise bands, free weights, exercise balls or even the classic jump rope.
- Visit a local gym or recreation center and have a personal trainer show participants how to use resistance equipment and free weights.
- Try new aerobic activities like...
 - Low-impact
 - Water
 - Step
 - Yoga
 - Tai Chi
 - Kick-boxing...

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Eat Right!

- Take a trip to the grocery store to learn how to read nutrition labels.
- Take a trip to the grocery store to learn simple ways to make heart-healthy choices. Look for foods that have the American Heart Association Heart Check mark.
- Cook a recipe from the **Choose To Move** handbook.
- Conduct a nutrition workshop.
- Have a “heart-healthy” potluck dinner party.
- Conduct a “taste test” using recipes from the American Heart Association’s cookbooks.

Work Together!

- Develop a buddy system to provide encouragement and social support for team members.
- Participate in the American Heart Association Heart Walk in your community.
- Go shopping together to purchase athletic shoes, sports bras, apparel, and exercise equipment (like jump ropes, exercise bands, exercise balls, etc.)
- Check out the local newspaper for walking, cycling, running, swimming, rowing, or hiking groups. These groups often welcome people of all abilities and fitness levels.
- Check into adult leagues for sports such as tennis, golf, soccer, basketball, volleyball, softball, etc.
- Invite family members and friends to participate in some of your team activities.
- Encourage each other.
- Encourage others to join **Choose To Move**.

