



Need motivation to get moving?

We all know we need exercise. Most health organizations agree that to prevent heart attacks, strokes, diabetes and certain cancers, we need to exercise at least 30 minutes a day five days a week. But actually doing it is another story.

While we may make excuses to avoid exercise, the fact remains that not exercising will contribute to your risk of chronic disease. Here are some tips to make exercise goals attainable:

- **Set reasonable goals:** Start small, especially if you are just starting out. Gradually work your way up to the recommended minimum.
- **Find exercise you enjoy:** Try different things, such as dancing, gardening, swimming, or playing a sport. Exercise does not need to happen in a gym. Even if you don't like most forms of physical activity, find something you can live with. Your body needs it, and you may even start enjoying it once the activity becomes a habit and you start seeing some benefits.
- **Track your progress:** Keep a record of your workouts. Seeing progress, such as running faster, can motivate you to keep improving.
- **Find social support:** Online communities can offer encouragement, and so can a friend who wants to work out with you.
- **Ban guilt:** There may be days when you don't meet your own goals and expectations. Just get back on track the next day.
- **Break it up:** The recommended 250 minutes per week can be divided up any way you'd like. If smaller increments work better, go for it!
- **Reward yourself:** Acknowledge your success with a treat that isn't food based, such as a massage or ball game tickets.

Visit HorizonBlue.com/doctorfinder to find in-network doctors and hospitals so you can get the care you need when you need it.



NJWELL is an incentive-based wellness program offered to active employees and their covered spouses who participate in the SHBP/SEHBP. More detail can be found on <http://www.nj.gov/njwell/>. Preventive care services and screenings are only covered when rendered by an in-network doctor or other health care professional. Immunizations received for travel outside the country or for work-related reasons are not covered. Well-child immunizations for children less than 12 months of age are the only immunizations allowed out-of-network.

Source: WebMD®

This information has been created and supplied to you courtesy of Horizon Blue Cross Blue Shield of New Jersey. The information is general in nature and is intended to provide you with an overview of the wellness topic to help you and your family get and stay healthy. It is not intended as a substitute for the professional advice and care of your doctor. If you have any questions or concerns about your health or the health of any of your family members, consult your doctor. Horizon Blue Cross Blue Shield of New Jersey is an independent licensee of the Blue Cross and Blue Shield Association. The Blue Cross® and Blue Shield® names and symbols are registered marks of the Blue Cross and Blue Shield Association. The Horizon® name and symbols are registered marks of Horizon Blue Cross Blue Shield of New Jersey. © 2019 Horizon Blue Cross Blue Shield of New Jersey. Three Penn Plaza East, Newark, New Jersey 07105.



HorizonBlue.com/shbp

EC003460C (0519)