

# YOUR MOVE FRAMEWORK

Let this be your guide to building an enjoyable, doable activity plan that works for you.



**Minutes per week:** Start with a goal of 50 minutes of activity per week (that's only about 7 minutes per day!). We'll gradually increase your minutes recommendation over time.

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**Over 3 - 5 days:** Spread your activity minutes over 3-5 different days throughout the week.

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**Vary Duration:** Breaking your minutes into shorter bouts helps you build them over the week, and you get the same benefits from fitting your minutes into short sessions as long ones. Are there opportunities in your week for small bouts of activity?

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**Enjoy:** Pick an activity you like rather than one you think is the "right" thing to do. The perfect activity is the activity that you will actually do.