



Move More is a program designed to provide basic information on physical activity and how to build it into your daily life. Each week you will sample different physical activities and cover a variety of topics such as motivation, goal setting, overcoming barriers and others.

You will discover what physical activities you enjoy doing, learn how to fit them into your daily activities on a regular basis and how to stay motivated so that you can be active for the rest of your life.

Components that will be covered during the program:

- o Fun, physical activity sampling
- o Motivation and social support
- o Goal setting
- o Canada's Physical Activity Guide
- o Solutions to overcoming barriers of being active
- o Physical activity opportunities within the local community
- o Personal action plan
- o Sustainability (staying active for the rest of your life)

Examples of physical activities that will possibly be sampled:

- o Walking
- o Nordic Walking
- o Yoga
- o Fitness Class
- o Strength training and cardiovascular exercise

The **Move More** program is offered once in the spring and once in the fall through SRHS Community Use. It is instructed by Adam Dedrick, Physical Activity & Community School Coordinator.

For more information call 875-2831.

