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*Live. Life. Well.*

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## Creating an Active Lifestyle

Living an active lifestyle is one of the most powerful predictors of good health. As little as 150 minutes of moderate to vigorous physical activity each week has been shown to reduce the risk of developing chronic health conditions like heart disease, diabetes, hypertension, cancer, and stroke<sup>1</sup>

**If your health goals include creating a more active lifestyle, here are some tips that may help:**

**Begin where you are.** Honor where you are right now and advance your activity levels slowly. Before making any big changes to your normal routines, consult with your primary care provider, especially if you are managing a preexisting medical condition.

**Choose your metrics.** Choose metrics to track your fitness progress. For example, you could monitor minutes, steps, distance, or the number of days per week you exercise. Metrics offer concrete information that you can use to determine if and when adjustments are needed.

**Schedule it.** To be more consistent with exercise, try blocking time on your calendar several days each week to serve as a visual reminder.

**Focus on activities you love.** Focus on the exercises you enjoy most. Whether it be yoga, running, swimming, or team sports, you will be more likely to follow through with your workouts when you look forward to them.

**Make movement part of your daily life.** Integrate physical movement into your daily life by scheduling walking meetings, taking the stairs, or riding your bike when you can leave the car behind.



*The goal of an active lifestyle is for exercise to become who you are rather than just something you do. To get started, assess your current habits, and look for creative ways to weave more physical activity into your daily life.*

1. <https://www.heart.org/en/healthy-living/fitness/fitness-basics/aha-recs-for-physical-activity-in-adults>





## Fitness App Roundup

A number of fitness apps and trackers have flooded the market in recent years, making it even easier to stay on track with your health goals. If you are struggling to maintain motivation or consistency with exercise, one of these fitness apps might help:

### Headspace

Meditation apps like Headspace are best known for their tension-relieving meditations and calming music playlists, but they also offer digital exercise options to help strengthen your physical wellbeing.<sup>2</sup>

### Fitbit

Fitbit, now owned by Google, is probably one of the most popular fitness apps on the market. With a variety of different smartwatches and trackers to choose from, you can track your progress in steps, miles, floors, minutes, or calories burned. In addition, Fitbit also offers a food tracker to help you improve your eating habits.<sup>3</sup>

### C25K

For those who are new to fitness, the C25K (Couch to 5k) app is geared toward sedentary individuals who have a goal of working their way up to participating in a 5k. The app walks you through a series of incremental walk-run stages that help you advance your fitness level slowly and safely.<sup>4</sup>

### Seven

Seven is a fitness app that was founded on the principle that small habits lead to big changes. The app is structured to help you get results in just 7 minutes a day over seven months.<sup>5</sup>

### Do Yoga with Me

The Do Yoga with Me app helps you begin a yoga practice wherever you are in terms of your current fitness level. Nearly half the content is free, which means you can try it before buy it.<sup>6</sup>

### Wakeout

The Wakeout app gives you a gentle nudge whenever you have been sitting for too long. While this one does come with a small fee, it is a great option for beginners who are short on time.<sup>7</sup>

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*Fitness apps can be powerful motivators that encourage you to be consistent with your exercise habits.*

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2. <https://www.headspace.com>

3. <https://www.fitbit.com/>

4. <http://www.c25k.com/>

5. <https://sevenapp/>

6. <https://www.doyogawithme.com/>

7. <https://apps.apple.com/us/app/>





## 6 Ways to Elevate Your Fitness Habits

Getting stuck in an exercise rut is one of the reasons so many people take an extended hiatus from their workouts. Changing up your exercise routine periodically will help you with your fitness habits and continue to build onto the improvements you have made along the way.

Take your fitness to the next level with these game-changing strategies:

1. **Create a well-rounded fitness plan.** Fitness experts recommend including four types of exercise in your fitness regimen: endurance, strength, balance, and flexibility<sup>8</sup>
2. **Rotate your exercises.** Rotate your exercises regularly to avoid boredom and ensure you hit all the major muscle groups.
3. **Change the timing of your workouts.** Changing the timing of your workouts is a simple way to mix things up. If you typically exercise in the evening, try fitting in an early morning workout instead.
4. **Hire a trainer.** If you have gone as far as you can on your own, it may be time to consider hiring a trainer. Getting objective feedback from a professional can help you take your fitness routine to a whole new level.
5. **Join a team sport.** Group energy is contagious, and that is especially true when it comes to team sports. Your teammates can be extremely motivating, pushing you beyond your normal boundaries and encouraging you to keep going when you feel like quitting.
6. **Register for a competition.** Nothing is more motivating than having a deadline on your calendar. If you have been skipping workouts or feeling unmotivated, consider registering for an event, and add it on your calendar.

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*Take your fitness to the next level by changing up your routines regularly, hiring a professional trainer, or leveraging the energy of competitive sports.*

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<https://apps.apple.com/us/app/wakeout-exercise-breaks/id1242116567>

8. <https://www.nia.nih.gov/health/four-types-exercise-can-improve-your-health-and-physical-ability>



## How much exercise do you really need?

You've heard it a thousand times: Exercise is "good for you." But how much, how often, and how hard is enough? Get answers from the experts.

Not sure if your daily steps add up to "enough" exercise? Follow the evidence. The U.S. Department of Health and Human Services comes out with Physical Activity Guidelines for Americans every 10 years. That means an independent, scientific panel putting together the hard evidence on exercise and our health.

The guidelines explain why and how people can feel better with regular movement—people of every age, physical ability and health status. Spoiler alert: You don't have to hit the gym for an hour every day to reap the benefits.

### Exercise creates same-day and long-term benefits for your body

Here is what the research says: A single exercise session that gets your heart rate up can lower blood pressure, improve sleep, lower anxiety and improve insulin sensitivity on the day you do it. Other benefits, like lowering your risk of many chronic diseases and cancers, start adding up within days or weeks of regular physical activity.

Regular activity sets you up to stay independent as you age, and lowers your risk of fall-related injuries. For many people with chronic conditions, it can lower your risk of all-cause and disease-specific mortality.

### Here are the current Physical Activity Guidelines for Americans:

- **Sit less and move more.** People who sit less and get even small amounts of moderate or vigorous physical activity gain some health benefits. So if the guidelines below feel impossible right now, start by sitting less. Some activity is better than none.
- **For big health benefits, aim for these numbers:** 2.5 to 5 hours of moderate aerobic activity, or 75-150 minutes of vigorous aerobic activity every week. Want to do more than that? You'll get more health benefits. Try to spread this activity throughout the week.
- **Strength train at least twice a week.** Your bones, joints and muscles help you climb stairs, carry kids around and more. Give your major muscle groups some love and work them every week.
- **If you can't meet the guidelines, be flexible.** Older adults, people with health conditions or disabilities should aim to meet the current physical activity guidelines. However, if you can't meet them all the time, that's okay. Get regular activity as you're able, and avoid being inactive.
- **Add balance activities as you age.** Tai chi, yoga and other forms of balance activities can help prevent falls. Especially when you also get other kinds of activity every week.
- **If you're pregnant, stay active.** 2.5 hours of moderate physical activity spread throughout the week is a good goal for most people during and after pregnancy. If you were doing more intense exercise before pregnancy, you can continue after becoming pregnant. Consult with your care provider to find what is best for you.

*Join us and wear red on.*

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AMERICAN  
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## Power Greens Breakfast Skillet

### INGREDIENTS

- 3-4 eggs
- 1 medium yellow onion, sliced into thin rings
- 4 cups assorted greens like kale, spinach, baby swiss chard (chopped if not baby greens)
- 3 tablespoons freshly grated Parmesan cheese
- 1 tablespoon butter or olive oil
- Salt & cracked black pepper
- Bacon & sourdough toast (optional but recommended)

### INSTRUCTIONS

1. In a medium size cast iron skillet, melt butter over medium-low heat.
2. Add onion, stir to coat, and cover pan with a lid.
3. Allow at least 30 minutes for the onions to caramelize. Stir occasionally and, while doing so, make sure the condensation that collects on the lid returns to the pan.
4. Onions will brown premature and not actually caramelize if they dry out or the heat is too high.
5. When onions are done, set the oven broiler to Low.
6. Add greens to the skillet, and continue to cook on the stove until wilted.
7. Form 3 wells for the eggs. Crack one egg into each well, and cook for 3 minutes until whites start to set.
8. Sprinkle with cheese before transferring to oven and broil eggs until they are cooked to your liking. Serve with bacon and sourdough toast.

**Note:** Caramelize extra onions to make another skillet later in the week. Use 1 tablespoon of butter or olive oil per onion. Leftovers should keep in the refrigerator for up to 5-7 days.

Total Time: 10 Minutes

Servings: 4



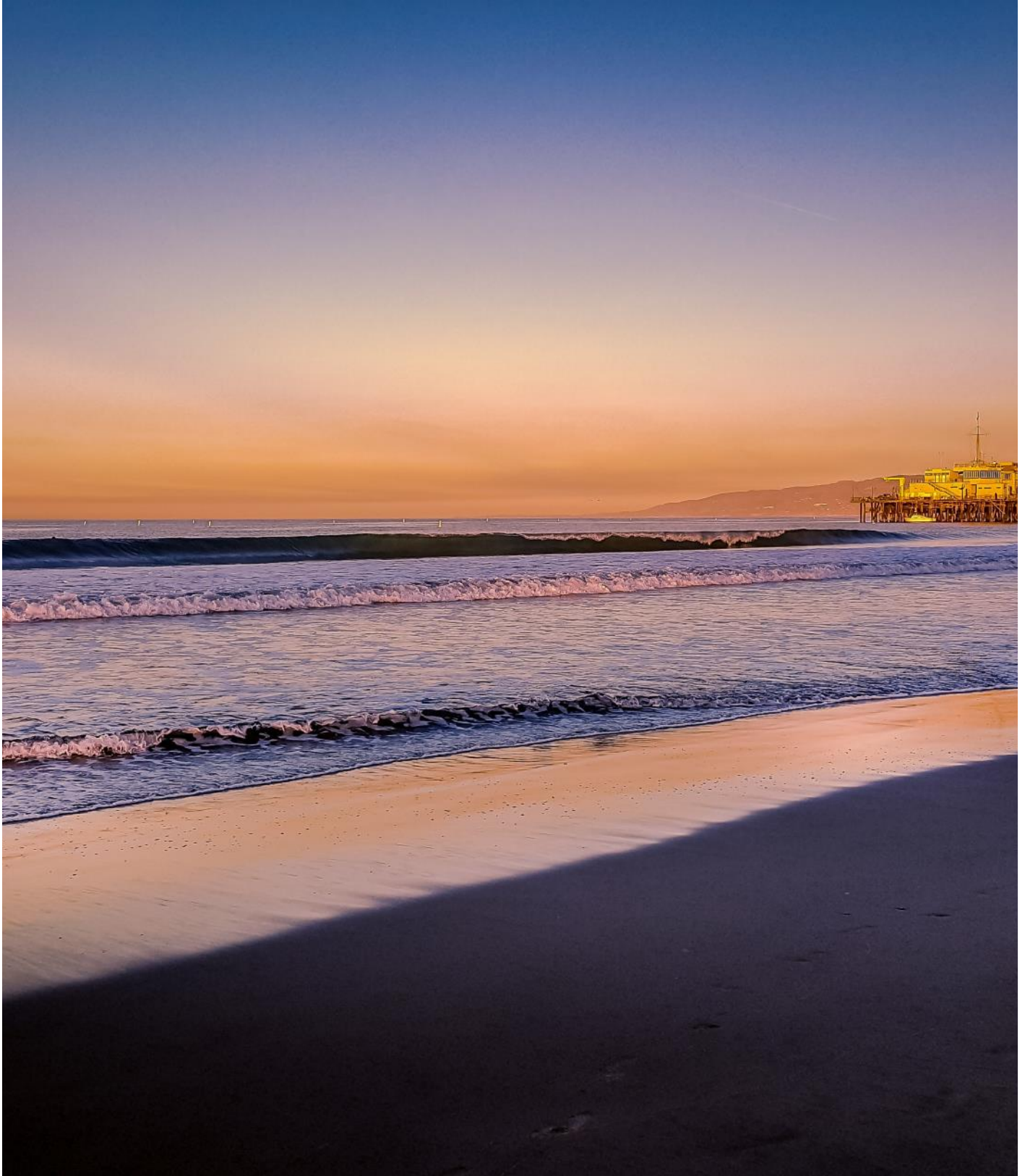
### NUTRITION INFO

(per serving)

Calories kcal	165
Total Fat	8.7g
Saturated Fat	3.3g
Cholesterol	132mg
Sodium mg	173mg
Total Carbohydrate	14.8g
Dietary Fiber	1.9g
Total Sugars	1.8g
Protein g	7.6g

Source:

[Power Greens Breakfast Skillet | ATE  
\(accordingtoelle.com\)](https://www.ateaccordingtoelle.com)



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