

Jumpstart Your Movement Journey to Better Health



Physical fitness and a healthy weight can do wonders for overall health. Regular movement can result in better sleep and more energy. And, it helps manage many health conditions, like diabetes and kidney disease.

Starting to be physically active may feel scary, and you might not know where to get started. Try these nine fitness tips to jumpstart your movement journey. See what works for you!



1. **Consistency is key.** Moving your body every day, even if it's just for a few minutes, can make a big difference to your health and how you feel.



2. **Walk before you run.** Starting slow is important so our bodies can safely adjust to new activities. Start by taking 10-minute walks a few times a day for five days each week. If that's too much, do what you can and start doing more based on how you feel.



3. **Limit the time you sit or lay down during the day.** If you haven't moved for more than 30 minutes, try to get up and move around. This helps improve circulation and blood glucose (blood sugar).



4. **Find creative ways to add movement into your daily routine.** You don't need a gym membership to stay healthy! Try these simple activities at home in your free time, or while doing other daily tasks.

- Do bicep curls with water bottles or soup cans during downtime while cooking.
- Lift your feet to do calf raises while brushing your teeth.
- March in place while waiting for your morning coffee to brew.
- Do pushups against a wall during TV commercials.



5. **Put it in writing.** Make a schedule of when, where and how you will be physically active — and stick to it.



6. **Join a class.** Mark your calendar to take part in regularly scheduled classes, like yoga, Zumba or water aerobics. Check your local gym or community recreation center schedules.



7. **Find a workout friend.** Activity with a friend makes movement more enjoyable, and you can keep each other accountable.



8. **Make it fun.** Listen to your favorite songs, a new audiobook or podcast while you are active.



9. **Mix it up.** Variety is the spice of life, so try different routines to keep it interesting. For example, you could walk on Monday, do housework or garden on Wednesday, and take a bike ride on Saturday.



Do I have to use every tip to make progress?

No. Start by adding a couple of these tips to your daily routine. Do more as you can. Make changes as you need so that you will be able to stick to your plan.

It takes time to build a routine and improve your fitness. Be patient with yourself and be proud of each step you take.

Work with your health care team to find a healthy weight range for you. Be sure to check with your doctor before starting new physical activities and get more ideas on how to add movement to your life.

For more tips on getting active, healthy habits and preventing or managing kidney disease, visit diabetes.org/kidney.

1. Centers for Disease Control and Prevention. (2023, August 1). Benefits of physical activity. Centers for Disease Control and Prevention. <https://www.cdc.gov/physicalactivity/basics/pa-health/index.htm>

2. Diabetes Care. 2016 Nov; 39(11): 2065–2079. Published online 2016 Oct 11. doi: 10.2337/dc16-1728
URL: <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6908414/>