

October 2022

Keep Going! Stay Motivated to Be Active

Tips to make exercise fun, motivating and interesting:

Keep It Going:

If you can stick with an exercise routine or physical activity for at least 6 months, it's a good sign that you're on your way to making physical activity a regular habit. Choose activities that you enjoy and believe you will benefit from, that you can fit in your schedule, that are affordable and that you can do with family or friends.

Keep It Positive:

Set realistic goals, regularly check your progress, and celebrate your accomplishments. Focus on the benefits of regular exercise and physical activity such as more energy to do the things you enjoy most, improved health, and better outlook on life.

Find Activities You Enjoy:

Some people like to walk on a treadmill at the gym. Others find that kind of activity boring. The key to sticking with exercise is to make it interesting and enjoyable. Try new activities to keep your interest alive.

Be Creative:

Do things you enjoy but pick up the pace.

- Love music? Take dancing lessons.
- Love the outdoors? Go hiking or rock climbing.
- Like being with others? Join a soccer or basketball league.
- Want to be on your own? Bike around your neighborhood.

Feel the need to multitask? Walk on a treadmill while you read an audio book.

Finally, it is important to think about ways to steadily increase your physical activities and update your exercise plan as you progress



Help a Loved One Get More Active

Quick Tips

If someone you care about is having a hard time getting active, you can help. Here are some tips to get you started.

Suggest activities you can do together.

- **Start small** — try taking a walk together after dinner twice a week or doing push-ups during commercials while you watch TV
- **Mix it up** — find different ways to move, like dancing or doing balance exercises
- **Try something new** — take a fitness class together or play a sport you both like

Make it part of your regular routine.

- Meet up at the local gym or recreation center on your way home from work
- Wake up a bit earlier so you can go for a brisk walk together before breakfast
- Pick a certain time for physical activity, like right after your favorite TV show
- Ride your bikes or walk to the store or coffee shop

It is also important to find out your loved one's reasons for not being more active. For example, maybe they feel overwhelmed or embarrassed. Talk to your loved one about what's making it difficult to get physical activity — then ask what you can do to be supportive.

Source: [HealthFinder - U.S. Department of Health and Human Services](#)

National Health Observances:



Each month, we feature select National Health Observances (NHOs) that highlight important health & life issues affecting people every day.

National Domestic Violence Awareness Month - But for millions of others, home is anything but a sanctuary. The U.S. Department of Justice estimates that 1.3 million women and 835,000 men are victims of physical violence by a partner every year. <https://www.thehotline.org/>

Health Literacy Month - Since 1999, the Institute of Healthcare Advancement has supported [Health Literacy Month](#) — a time to talk about the importance of understandable health information.

National Bullying Prevention Month - Every day, thousands of young people experience bullying from their peers at school, after school in their neighborhoods, and even when they are at home, through social media and texts. <https://www.pacer.org/bullying/nbpm/>

Mental Health Minute

Depression and College Students

Thirty percent of college students reported feeling “so depressed that it was difficult to function” at some time in the past year. Depression and other mental disorders often co-occur with substance abuse, which can complicate treatment. Depression is also a major risk factor for suicide.

How you can help:

- Offer support, understanding, patience, and encouragement
- Talk to your friend/student and listen carefully
- Never ignore comments about suicide. Call 988 or 911 for support and direction
- Invite your friend/student out for walks, outings, and other activities. If they refuse, keep trying, but don't push
- Ensure that your friend/student gets to doctor's appointments and encourage him or her to report any concerns about medications to their health care professional
- Remind your friend/student that with time and professional treatment, the depression will lift

LIVE MONTHLY WEBINAR:

Recognizing the Signs of Depression in a Team Member

Date: 10/12/2022 | Time: 1:30 PM to 2:30 PM EST

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