![Salem Regional Medical Center logo]

# Get Moving for a Healthier 2023



**Studies have shown that people may increase their longevity and reduce their risk of chronic illnesses like heart disease just by taking a daily 10-minute walk.**

For those with New Year's resolutions to improve their health, getting off the couch and moving more is a great place to start on the path to wellness.

According to the Rehabilitation Services staff at Salem Regional Medical Center, it can be challenging to fit exercise into a busy workday. However, extended periods of inactivity can lead to a greater chance of developing heart disease, diabetes, several types of cancer, and neck and back problems.

Even if you are not able to set aside time for a workout, simply minimizing your time sitting still can benefit your health.

Studies have shown that people may increase their longevity and reduce their risk of chronic illnesses like heart disease just by taking a daily 10-minute walk. Brief periods of movement during the day can add up to make a difference in your overall health.

**10 tips to move more:**
1. Park farther away from your destination
2. Take the stairs instead of elevators and escalators
3. Make phone calls standing or walking
4. Do housework at a more vigorous pace
5. Get up and walk around the house during TV commercials
6. Stretch at regular intervals
7. Do some calf raises while brushing your teeth
8. Go shopping in person rather than online
9. Cook more meals at home instead of getting takeout or delivery
10. Play with your kids or pets

If joint or muscle pain is preventing you from moving, a physical therapy program may be able to help. Check with your primary care provider about getting a referral for physical therapy and an individualized treatment plan.

*Salem Regional Medical Center's Rehabilitation Services Department offers physical,*

*occupational, aquatic and speech therapy programs to help patients improve their function, independence and quality of life. For more information, call 330-332-7297.*