

MODULE 1 - SUMMARY AND REFLECTION

In the first lesson of this course, you discovered the key to burning more calories. This key, and the paramount concept of the course, is constant movement. **You will always burn more calories in any activity by adding more movement.**

- Whether you fidget or partake in more structured activities, you'll burn more calories.
- One of the best ways to incorporate fitness and exercise into your daily life is to move as often as possible and fidget frequently, regardless of what else you're doing at the time. In fact, constant movement is often more effective,

and less time consuming, than trying to go to the gym and work out.

In lesson 2, you learned the benefits of a fitness tracker. Among other things, a fitness tracker measures your steps and how many calories you burn.

- A quick glance at your tracker will remind you to keep moving.
- Another benefit of having a fitness tracker is that you'll be able to see the amount of calories you burn increase as you apply the strategies in this course and start a healthier new lifestyle.

Those numbers will inspire you to keep it up!

In further lessons, you found out how to add more movement – and burn more calories – in many of your everyday activities, like doing household chores, watching TV, shopping, and parking your car.

You learned the calorie burning benefits of dancing. Turning on the music and dancing is a fun way to get through your chores. Your task gets completed before you know it and you burn a lot of extra calories this way!

Lastly, you took a look at the many ways yard work can burn off those extra calories. Did you start a garden or spruce up your landscape?

You can use these exact ideas as presented in the course, or come up with your own ways to add more movement to each activity in your daily routines.

Especially if you've been sedentary, it's more effective to start small and increase your activity level over time. That way, you're still in your comfort zone, but important changes are starting to take place.

Good luck in your efforts, and we'll see you in the next module!

SELF-REFLECTION EXERCISES:

1. Consider all the activities of your daily routines. Write them down, starting from the time you wake up and ending with your bedtime routine.
2. How can you add some movement, and burn extra calories, to each of your routines? Write these ideas down too, next to each activity on your list.
3. Make a plan for when you'll start incorporating these extra movements into your routines, and then follow your plan.