**Get Motivated to Move More With Our Free Printable 2018 Calendar**

Many of us dedicate our New Year’s resolution to living a healthier lifestyle and getting in better shape. And while it might be easy to start the year off strong, after a month or two, many of us tend to lose our steam when it comes to hitting the gym on a daily basis. That’s why it’s so important to make regular exercise a habit – not just a New Year’s resolution.

Our bodies were made to move, not sit in a chair all day! With [80%](https://www.cbsnews.com/news/cdc-80-percent-of-american-adults-dont-get-recommended-exercise/) of American adults not meeting the national physical activity recommendations (150 minutes of exercise per week), it’s important to focus on moving more and sitting less on a daily basis. And while the thought of daily exercise might sound impractical for full-time employees with a busy schedule, with a bit of creativity, you can add physical activity into any part of your daily routine.

That’s why we believe that exercise can be more than just an intense, hour-long sweat session at the gym. Exercise can be any form of physical activity that gets your heart pumping. For example, raking the leaves, taking your dog for a walk, and gardening are considered forms of exercise. Moving more doesn’t have to be one more dreaded task to add to your to-do list. Start considering exercise as play!

Getting moving while doing something you enjoy, such as playing with your kids, playing a game of basketball, or going ice skating will help decrease stress, boost your mood, and strengthen your commitment to a healthy lifestyle.

To help remind you that exercise can be fun, we created a printable 2018 calendar featuring some silly fitness puns to keep you motivated all year long! Before you download your copy, read through some of the amazing health benefits of regular exercise:

**Fights a sedentary lifestyle.** Many full-time employees live a [sedentary lifestyle](http://info.totalwellnesshealth.com/blog/sedentary-lifestyle-vs.-active-lifestyle-infographic). It can be difficult to find time to exercise 30 minutes a day with a traditional 9 to 5 office job – especially at a company that doesn’t provide opportunities for exercise at work. This is why regular movement is so important. A sedentary lifestyle significantly lowers life expectancy. In fact, 20% of all deaths of people 35+ are attributed to a lack of physical activity. By making time to exercise throughout the day, you can live a more active lifestyle.

**Healthy heart.** Regular exercise promotes a healthy heart by lowering your bad cholesterol levels (LDL) and raising good cholesterol levels (HDL). Exercise also helps strengthen the heart, decrease blood pressure, and helps reduce the risk of heart disease – the leading cause of death in American adults.

**Happy mind.** Regular exercise has been shown to be one of the most effective preventative measures you can take for your mental health. [Research](https://www.mayoclinic.org/diseases-conditions/depression/in-depth/depression-and-exercise/art-20046495) shows that regular physical activity can help prevent and even treat mild to moderate depression and anxiety. It’s said to be as effective as an antidepressant medication – without the harsh side effects!

**More energy.** Need an [instant energy boost](http://info.totalwellnesshealth.com/blog/sneaky-ways-to-feel-energized-all-day-long)? Get moving! Because physical activity produces adrenaline and endorphins, you’ll feel more energized and have better mental clarity after a good workout. You might even be able to skip that extra shot of espresso!

**Improved brain function.** You can expect a sharper mind and [better brain health](http://info.totalwellnesshealth.com/blog/exercise-for-better-brain-and-mental-health) when you start moving more and sitting less. Exercise prevents cognitive decline and degeneration of the brain. It helps improve learning capabilities, sharpen memory, and increase your attention span.

**Disease prevention.** You can help fight your risk of many diseases by exercising daily. Research has shown that regular exercise can lower your risk of certain cancers, heart disease, and diabetes. Exercise can also help prevent (and is sometimes used to help treat) dementia and Alzheimer’s.

**Increased productivity.** Adults that lead an active lifestyle can expect a major productivity boost! This is because exercise increases the blood flow to the brain, which can help sharpen your concentration and decision-making skills.

**Better immune system.** According to [MedlinePlus](https://medlineplus.gov/ency/article/007165.htm), regular exercise helps flush bacteria out of your lungs and airways – reducing your risk of the common cold, flu, and other illnesses. Physical activity also helps reduce stress, which gives your [immune system](http://info.totalwellnesshealth.com/blog/easy-natural-ways-to-boost-your-immune-system) a big boost.

**Weight management.** When combined with a healthy diet, physical activity is one of the best ways to lose weight and maintain a healthy weight. Exercising regularly will greatly reduce your risk of obesity.

As you can see, regular exercise will definitely change your life for the better! By focusing on physical activity that’s fun instead of tedious, you can help turn exercise into a daily habit that will last way longer than a New Year’s resolution.

We hope this calendar will have you moving more and feeling great in 2018! From all of us at TotalWellness, we wish you a healthy and happy New Year!