**HEALTH FACTS THAT COULD CHANGE YOUR LIFE**

- The benefits of regular physical activity are numerous including: making movements easier, building strong muscles, improving posture, decreasing chronic pain, and improving sleep patterns.

- Exercise decreases the risk of developing cardiovascular disease, diabetes, stroke, and certain types of cancer, including endometrial, breast, prostate and colon cancer.

- According to the Center for Disease Control poor diet and physical inactivity account for more than 400,000 premature deaths each year in the United States.

**BENEFITS OF WALKING**

Walking is a powerful tool to improving one’s physical and emotional well being. Walking:

- Increases your heart rate, which in turn increases blood circulation throughout your body

- Lowers blood pressure

- Reduces body fat

- Reduces the risk of developing osteoporosis and other bone fractures, because it is a weight bearing activity

Jennifer Hurst is an assistant professor in exercise science at Truman State University. She holds her doctoral degree in Exercise and Sport Psychology and is a certified and licensed athletic trainer in the state of Missouri.

Dr. Hurst has been conducting both individual and group exercise adherence programs for the past five years and specializes in behavior change counseling with adults and persons with disabilities.

An educational, behavior and exercise program for Kirksville residents.

Kirksville, Missouri

Created by Jennifer Hurst
Truman State University Exercise Science professor
GENERAL INFORMATION
Are you sick of dieting? Tired of experiencing disappointment in your efforts to be healthier and feel better? Do you want to start experiencing success with your health goals? If so, Move It, Lose It: Change for Life is the program that's right for you.

There is no easy answer or magic pill that will help you to achieve your health and fitness goals. Most programs tend to fail because they are based on false hopes and do not help individuals develop realistic expectations and skills for maintaining healthy behaviors over time.

Move It, Lose It is a 12 week behavior education and exercise program focused on teaching skills needed to empower realistic lifetime health behavior change, not just short term results.

Anyone tired of the diet merry-go-round and ready to consider a new approach is encouraged to join. The program is designed to address both nutritional and physical activity issues related to increasing overall personal wellness.

BEHAVIOR EDUCATION
This program focuses on behavior change, not just weight loss. Instead, the program focuses on losing unwanted behaviors and starting new behaviors focused on emotional and physical well-being.

In order to accomplish this, the 12-week education program will address several behavioral related issues including:

♦ Creating motivation for change
♦ Planning strategies for change
♦ Combating negative thoughts
♦ Goal setting for success
♦ Overcoming obstacles
♦ Managing emotional eating
♦ Nutrition education

EXERCISE PROGRAM
Along with changing your behavior, we will focus on achieving movement throughout your day.

♦ A pedometer will be used in order to record the amount of steps you take during the day.
♦ Weekly goals will encourage you to gradually walk more throughout the day.
♦ Additionally, the group will meet once per week for a scheduled exercise activity to walk together and encourage each other.

TO SIGN UP FOR THE PROGRAM OR GET MORE INFORMATION

If you are interested and you would like more information about the program you can:

CALL 660.785.4464

OR

Send an Email to jhurst@truman.edu

Please include your name and contact information where you can be reached.