

Just Go: Small Steps to Stay Active

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Getting active doesn't have to be complicated. May is National Physical Fitness and Sports Month, a reminder that moving your body each day, in any way that works for you, can improve both physical and mental health. Walking, stretching, gardening, or even short bursts of activity during your daily routine all count. Every little bit of movement adds up over time, helping to increase energy, reduce stress, and improve overall well-being.

A great way to stick with activity is by setting simple, realistic goals. The key is consistency, not intensity. For example, this month you could aim to go on more walks during the week. You don't need to cover a certain distance or spend a set amount of time—just go. Other easy goals might include trying a new stretching routine, taking the stairs instead of the elevator, or adding a few minutes of light activity to your day. These small actions may feel minor, but over time they create positive habits that make movement a natural part of your routine.

Tracking your progress can help keep you motivated. Celebrate the little wins, like completing a short walk, trying a new activity, or moving a few extra minutes each day. Showing up regularly matters more than perfection. Even small, consistent efforts can lead to noticeable improvements in energy, mood, and overall health.

One of the benefits of setting simple goals is that they are flexible and easy to maintain. You can adjust them to fit your schedule, your energy level, or even the weather. Some days you might walk a little longer, while other days just stepping outside for a few minutes' counts. The important part is taking action and building the habit, not worrying about meeting a strict target.

Simple, achievable goals make staying active realistic for everyone. Whether it's a walk around the block, a quick stretch, or a few minutes of light activity, each step adds up. Start small, stay consistent, and see the benefits for yourself this month.