

Motivational Tips

for the **BEST ME** IN **2023**



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DO SOMETHING

Find your motivation

Think about who's in your heart—your family, your partner, your friends—and use them as motivation

- Work out with an accountability partner
- Find someone on the same shift and meet before work
- If you think someone needs encouragement, offer to be their partner
- Use your internal clock as a guide for workout times—get up early or set aside time later in the day
- Set goals that are challenging but still achievable

If you don't have a fitness routine, **talk to your doctor**, and then **get moving**



Making time and finding energy for fitness isn't easy, but it's worth the effort

Keep it fresh—varying your routine is good for your muscles, your joints, and your brain

- Spend time warming up, stretching, and cooling down
- Change up your routine:
 - Try kettlebells instead of weights
 - Head outside to run instead of on a treadmill
 - Practice high-intensity interval training (HIIT) instead of straight weight lifting
 - Take a yoga class to improve flexibility
 - Alternate cardio and strength training



TAKE THE VALOR CHALLENGE

Identify and commit to doing three things for your physical fitness



Strength Training Tips for the **BEST ME** IN **2023**



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DO SOMETHING

Strength and resistance training is critical to physical fitness

- Challenge your muscles by lifting weights and/or creating resistance
- Set achievable goals and keep building on them
- Alternate cardio and strength training
- You don't need expensive equipment
 - Use hand weights or fill empty milk jugs with sand
 - Do lunges in your driveway while holding hand weights
 - Do push-ups and planks
 - Use a park bench or couch for triceps dips and dumbbell rows

If strength training isn't part of your fitness plan, talk to your doctor about how to fit it in before starting



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Cardio Tips

for the

BEST ME IN 2023



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DO SOMETHING

Cardio training is critical
to physical fitness



- Elevate your heart rate for 150 minutes a week (about 30 minutes a day, five days a week)
- Your fitness routine doesn't have to be expensive
- Alternate cardio and strength training
- Include family and friends in your cardio training for bonus bonding time
- Challenge your children to a jumping jack or rope jumping contest
- Invite a neighbor for a brisk walk and catch up
- Dancing, skiing, and skating are great cardio options
- For lower impact workouts, try swimming and cycling

If you don't have an exercise plan, talk to your doctor before starting one and set modest goals



TAKE THE VALOR CHALLENGE

Identify and commit to doing three things for your physical fitness





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DO SOMETHING!



swimming
yoga
skiing
soccer
RUN
kayak

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GET ACTIVE FOR YOUR MENTAL AND PHYSICAL WELLNESS!

This project was supported by Grant No. 2016-VI-BX-K003 awarded by the Bureau of Justice Assistance. The Bureau of Justice Assistance is a component of the U.S. Department of Justice's Office of Justice Programs, which also includes the Bureau of Justice Statistics, the National Institute of Justice, the Office of Juvenile Justice and Delinquency Prevention, the Office for Victims of Crime, and the Office of Sex Offender Sentencing, Monitoring, Apprehending, Registering, and Tracking (SMART). Points of view or opinions in this document are those of the author and do not necessarily represent the official position or policies of the U.S. Department of Justice.



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If you do not
make time for your
WELLNESS . . .

you will
be forced
to make
time for an
INJURY or
an **ILLNESS.**



To learn more visit:

www.valorforblue.org

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**Always
Be
Consistent**

ABCs of Good Sleep Habits

- ✓ Obtain 7–9 hours of sleep
- ✓ Establish consistent sleep and wake times
- ✓ Limit distractions at bedtime
- ✓ Keep a quiet, dark, and cool bedroom
- ✓ Avoid large meals, caffeine, alcohol, or exercise before bedtime

To learn more, visit:
www.valorforblue.org

Source: <https://www.nhlbi.nih.gov/health-topics/sleep-deprivation-and-deficiency>

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Sleep Deprivation Can Result In . . .

Depression
Inability to Concentrate
Impaired Judgment
High Blood Pressure
Kidney Disease
Weakened Immune System
Heart Disease
Obesity
Stroke
Diabetes



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Sleep Well, Be Well

Source: <https://www.nhlbi.nih.gov/health-topics/sleep-deprivation-and-deficiency>

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HEALTHY HAPPENS ON PURPOSE

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PLAN FOR YOUR MEALS
PLAN FOR YOUR HEALTH



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IS IT WORTH IT?



505 calories



30+ minutes
of running at 8 minutes/mile

or

45 minutes
on an elliptical trainer

or

60+ minutes
of racewalking

or

60+ minutes
of swimming laps

or

90 minutes
of golf (carrying clubs)

30-90 minutes



HOW MUCH EXERCISE DO YOU HAVE PLANNED TODAY?

Source: <https://www.health.harvard.edu/newsweek/Calories-burned-in-30-minutes-of-leisure-and-routine-activities.htm>
Estimated calories and exercise time based on 155-pound individual.



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If you are experiencing symptoms of a
concussion
or **traumatic brain injury**
— **see a physician today.** —



VOMITING



DROWSINESS



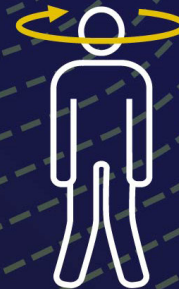
LIGHT SENSITIVITY



STRONG HEADACHE



NO ENERGY



DIZZINESS



IRRITABILITY



BALANCE PROBLEMS



SENSITIVITY TO SOUND

When in doubt, **check it out!**

SOURCE: [HTTPS://WWW.CDC.GOV/TRAUMATICBRAININJURY/SYMPTOMS.HTML](https://www.cdc.gov/traumaticbraininjury/symptoms.html)

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