Higher fitness levels are associated with a lower chance of early death - independent of weight.

People who are obese and fit may actually be healthier than people who are lean but unfit.

Improving cardiorespiratory fitness even without reduction in weight could have important long-term benefits.

"...But there are countless others who, despite exercising and following a high-quality diet, can only whittle their BMI to a certain point. They need to learn to live healthfully with the disease of obesity, rather than make themselves miserable trying to ‘cure’ themselves of it.”

David Ludwig, M.D., Ph.D., founder and director of the New Balance Foundation Obesity Prevention Center at Boston Children’s Hospital

Mirna Valerio, the Mirnavator, author of A Beautiful Work In Progress has completed 10 ultramarathons and 9 marathons to date. When she is not training for a race, she runs 25 miles a week on average (more when training!).

**One Minor Change**

If you don’t like exercise, try reframing it so it’s not a *workout*, but rather a fun way to move your body. Enjoyment and feeling good are great motivation. It may take broadening your idea of what activities “count”- family walks, for instance – or getting more creative.

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**Why is it important to you?**

**Why is it important for you to increase your physical activity?**

- I like feeling like I am mastering a new skill.
- Exercise makes me grateful for what my body can do.
- Going to fitness classes allows me to socialize which is my favorite part.
- When I exercise I start to think of myself as more active and fit.
- It feels good to move and distracts my mind from the challenges of my day.
- When I exercise it sets the tone for my day. I make better decisions about self care.

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**Sample Goal**

Exercise often brings up memories of gym class where I felt like I was bigger and less athletic than my peers, but I do notice some benefits of physical activity as well. I am going to work on reframing my idea of what exercise should be, and start telling myself "I am becoming stronger everyday - mentally and physically." to motivate myself to move for at least 10 minutes each day when I get home from work.

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**Your Goal**

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Sources: https://healthateverysizeblog.org/tag/joyful-movement/