

## Spring Clean Your Health Routine – Soundbite Transcripts

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**Matt Janus, OSF HealthCare Exercise Physiologist**

“The 150 minutes of movement a week that the American Heart Association recommends – that goes leaps and bounds toward reducing things like your risk for heart disease, diabetes, high blood pressure, pretty much anything and everything.”

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**Matt Janus, OSF HealthCare Exercise Physiologist**

“Figure out what your specific goals are. And then break that down into smaller goals that don't seem so daunting and overwhelming. So if your main goal is starting a consistent exercise routine or maybe losing weight or something like that, start with some small daily goals like getting five more minutes of activity than you usually do, or maybe replacing a usual junk food snack with a fruit or a vegetable. Just making those small changes over time that add up to your big overall goal.”

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**Matt Janus, OSF HealthCare Exercise Physiologist**

“If you like it, then it'll increase your chances of sticking with it. You know, if you're doing something that you absolutely hate, and forcing yourself to do it, it's going to be a lot harder to adhere to that routine. So find what you enjoy that gets your body moving, and stick with that and it'll set you up for success.”

\*\*\*SOT\*\*\*

**Matt Janus, OSF HealthCare Exercise Physiologist**

“Chat with your doctor. They might be able to help you as well with any specific goal setting to do and things to work towards.”