



Knanaya Catholic Women's Forum Of
North America 2017 - 2018
A Nonprofit Organization



KCWFNA Introducing

Women ON THE Move



Goal: Empowering people to be physically active to promote Total health: Body, Mind, and Spirit. Working together to empower the women to move, empower the family and community to move, be healthy and feel good.

Your own physical activity journey

1. Pick an exercise pattern: each local units should adopt one form of exercise

(Walking, hiking, yoga, swimming, exercise work out sessions etc.)

2. Strategies:

- **Make it happen:** Goal setting, commitment to yourself, social support
- **Pick activity with a purpose and meaning** (wt. loss, strength and tone, better sleep, improve mental health, cardiovascular improvements)
- **Thinking big picture about your day:** Make health as priority just like family, career, friends
- **Overcoming barriers:** self-efficacy, confidence to overcome barriers (too tired after work, busy caring for others, travelling)
- **Fueling your body for movement:** Avoid starvation mode, snack every 3-4 hours
- **Putting it all together:** make a commitment for 30 days, set a long term goal, set weekly behavioral goal, rewarding yourselves, set new goals.

3. Each unit will get together every three months and do progress check.

4. Empower others to do the same (family, community)