



Add Activity Every Day

There are 1,440 minutes in every day; move for 30 of them

Adults need recess, too! With a little creativity and planning, anyone can make room for physical activity. For many folks, before or after work is often a good time to move. You can cycle, walk, or play. Think about your weekly or daily schedule and look for or make ways to be more active. Your health is worth it!

Here are some ideas:

- walk or bike to work, school, the store, or your church, synagogue or mosque
- park your car farther away and walk
- garden
- get off the bus one or two stops early and walk the rest of the way
- take the stairs instead of the elevator or escalator
- kick a soccer ball in the park with your kids
- dance to your favorite music
- take a fitness break at work instead of a coffee break
- exercise while watching TV — you can use hand weights, ride a stationary bicycle or stretch
- keep a pair of walking or running shoes in your car or at your work —you'll be ready when the mood strikes
- start a Sunday morning group walk with your friends and family
- walk while doing errands
- play sports
- almost every mall opens early just for walkers; join them and make new friends
- jump rope, play tag, run around the block with your kids or grandkids

If it is too hard to be active after work, try being active before. Find a time and activity that works for you. If you get bored, try something new!

Think of three things you can easily add to your day:

1. _____
2. _____
3. _____

Every little bit helps —
your health is worth it.

