



Keep moving for a healthier you

Staying active and exercising regularly can help you feel your best. Experts say to get at least 2 ½ hours of moderate activity a week. But you don't have to do it all at once. Even 10-minute blocks during the day can help.

What counts as exercise? Anything that raises your heart rate and makes you breathe harder like walking quickly or brisk cycling. And many household chores you already do will get your heart rate up.

Easy ways to get and stay active

At home:



Take a few 10-minute walks during the day.

Wash the car, clean the garage or wash windows.

Walk or bike to the store.

At work:



Park several blocks away, or get off the bus or train a few stops early.

Walk to a coworker's desk instead of using email or the phone.

Take quick walks on your break.

Get active as a family

Try to get the whole family involved in physical activities when you can. When you do, children learn that being active is fun and makes you feel good. And busy parents can combine family time with exercise time. Here are just a few ideas of what you can do:

1

GO ON A WALK

- Start with short walks. Add more distance gradually.
- Try scavenger hunts with a list of treasures to find, like a red leaf or a black dog.
- Use a wearable device or a pedometer to track your steps. Count your steps for a few days to get a baseline measurement. Then increase your steps over time.



2

OUTDOOR ACTIVITIES

- Go for a bike ride.
- Join your kids in games like hopscotch, tag, jump rope and hide-and-seek.
- Get involved in family-friendly sports like skating, swimming and tennis.
- Play a family basketball or soccer game.
- Play miniature golf.
- Pick up trash at a local park.



3

INDOOR AND RAINY-DAY ACTIVITIES

- Create new dances or exercise routines to favorite songs.
- Go to the mall and count how many laps you can walk.
- Have a hula hoop contest.
- Set up a fun obstacle course in the basement, garage or spare room.



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