

physical activity at home, work, and play

10 tips to make physical activity a regular part of the day

Adding activity into your day is possible. Choose activities that you enjoy. Adults should aim for at least 2½ hours or 150 minutes of physical activity each week. Every little bit adds up, and doing something is better than doing nothing. Most important—have fun while being active!

1. take 10
   Do at least 10 minutes of activity at a time to reach your weekly goal. Walk the dog for 10 minutes before and after work and add a 10-minute walk at lunchtime.

2. mix it up
   Start the week with a swim at the pool, take a yoga class during a weekday lunch, lift weights in the evening, and end the week by working in the garden.

3. be ready anytime
   Keep comfortable clothes and walking or running shoes in the car and at the office.

4. find ways to move
   Take a brisk walk around the parking lot, jog to the bus stop, or ride your bike to the subway station. If you have an infant or toddler, take a long walk using the stroller and everyone gets some fresh air.

5. work out during TV time
   Watch a movie while you jog on a treadmill or download a video on your phone and watch while you ride a stationary bike.

6. be an active parent
   Instead of standing on the sidelines, walk up and down the soccer, football, or softball field while the kids play their game.

7. find support
   Join a walking group, play wheelchair sports, practice martial arts, or sign up for an exercise class in your community. Recruit family or friends for support.

8. enjoy the great outdoors
   Tumble in the leaves, build a snowman with your kids, or ski cross-country. Visit a county or national park and spend time hiking, canoeing, or boating.

9. look for wellness at work
   Find a softball, basketball, or volleyball team at your job. You can also take the lead by starting a wellness or exercise group in your office.

10. the chores count, too!
    Clean the house, wash the car, or mow the lawn with a push mower. Know that these activities count toward your goal of at least 150 minutes each week.