



Finding time for physical activity

Experts say to do 2 1/2 hours of moderate activity a week. You don't have to do this all at once. Even 10-minute blocks during the day help. Look for spots to add them throughout your day and week.

Anything that raises your heart rate and makes you breathe harder counts as activity. That can include things like walking quickly, brisk cycling. Or here's some good news. Some of the household chores you already do will get your heart rate going faster.

Looking for more ways to get and stay active? Try some of these ideas.

At Home:



Take a few 10-minute walks during the day.



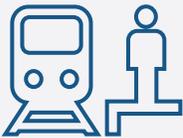
Wash the car, clean the garage or wash windows.



Walk or bike to the store.

At work:

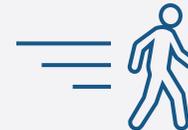
Look for ways to do some extra walking.



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



If you need to speak to a coworker, walk to their desk instead of using e-mail or the phone.



Take quick walks on your break.

Are you finding the time to be active? It may be easier than you think!

Getting active as a family

Get the whole family involved in physical activities together 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 some ideas of what you can do with your family.

1 GO ON A WALK

Going for a walk may be the easiest thing you can do together when family schedules get really busy.

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- Start with short walks. Add more distance gradually.
- Try scavenger hunts with a list of treasures they can find, like a red leaf, a blue house 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 set goals to 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, baseball or soccer game.
- Take up miniature golf.
- Pick up trash at a local park.

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3 INDOOR AND RAINY-DAY ACTIVITIES

- Create a new dance or exercise routine to a song. Take turns choosing songs so you learn everyone's favorite tune.
- Go to the mall and count how many laps you can walk as a family.
- Have a hula hoop contest.
- Set up a fun obstacle course in the basement, garage or spare room.

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