



Making Physical Activity Part of Your Life

from the Department of Health and Human Services, Center for Disease Control

There are 1440 minutes in every day... Schedule just 30 of them for physical activity.

Adults need recess, too! With a little creativity and planning, even the person with the busiest schedule can make room for physical activity. For many folks, before or after work or meals is often an available time to cycle, walk, or play. Think about your weekly or daily schedule and look for or make opportunities to be more active. Every little bit helps. Consider the following suggestions:

- Walk, cycle, jog, skate, etc. to work, school, the store, or place of worship.
- Park the car farther away from you destination.
- Get on or off the bus several blocks away.
- Take the stairs instead of the elevator or escalator.
- Play with children or pets. Everybody wins! If you find it too difficult to be active after work, try it before work.
- Take fitness breaks – walking or doing exercises – instead of taking cigarette or coffee breaks.
- Perform gardening or home repair activities.
- Avoid labor-saving devices – turn off the self-propel option on your lawn mower or vacuum cleaner.
- Use leg power – take small trips on foot to get your body moving.
- Exercise while watching TV (for example: use hand weights, stationary bicycle/treadmill/stairclimber, or stretch).
- Dance to music.
- Keep a pair of comfortable walking or running shoes in your car and office. You'll be ready for activity wherever you go!
- Make a Saturday morning walk a group habit.
- Walk while doing errands.