

## Tips for Being More Active

*There are 1,440 minutes in every day... Schedule 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 your 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 desk 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.

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### ■ Tips for People Who Have Been Inactive for Awhile

Use a sensible approach by starting out slowly.

- Begin by choosing moderate-intensity activities you enjoy the most. By choosing activities you enjoy, you'll be more likely to stick with them.
- Gradually build up the time spent doing the activity by adding a few minutes every few days or so until you can comfortably perform a minimum recommended amount of activity (30 minutes per day).
- As the minimum amount becomes easier, gradually increase either the length of time performing an activity or increase the intensity of the activity, or both.
- Vary your activities, both for interest and to broaden the range of benefits.
- Explore new physical activities.
- Reward and acknowledge your efforts.

*Source: Department of Health and Human Services Centers for Disease Control and Prevention; Physical Activity for Everyone: Making Physical Activity Part of Your Life*

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