



Move More — Anytime, Anywhere!

It's really not that hard to fit in fitness. Being more active doesn't have to take up a lot of time. You can get up and move just about anytime, anywhere. And every 10-minute session counts toward the goal of at least 150 minutes per week of exercise. Every time you stand up and do something, you're taking a step in the right direction!

- + Park farther away from the entrance at the grocery store or shopping mall and walk the extra distance. Wear your walking shoes and sneak in an extra lap or two around the mall.
- + If you're in a city with a bike share program, sign up so that a bike ride is always an option when you're out and about.
- + Find the stairs and use them. You won't have to wait for the elevator, and you'll get some extra steps into your day.
- + Take your kid (or your spouse) for a walk. It's an excellent way to get some one-on-one time without screens. Keep it fun by exploring new neighborhoods or turning your walk into a scavenger hunt.
- + Always wanted to learn how to ballroom dance, practice karate or shoot a bow and arrow? Take lessons or find an online tutorial and teach yourself! It's never too late to pick up a new skill and get more active.
- + When you're out walking, throw in some wall push-ups, lunges and other exercises. Or do short, one-minute intervals at a faster pace to boost the intensity.

TIPS FOR SUCCESS

- + Find ways to keep it fresh, whether that's changing your walking route, inviting friends along or even listening to your favorite podcast – anything you can enjoy on the move.
- + To stay motivated, choose activities you enjoy that fit your personality and lifestyle. Don't limit yourself. Having a variety of fitness activities to choose from may keep you from getting bored or burned out.
- + Try a fitness tracking device to monitor your progress and keep you going. If you can, set it to remind you to do something active a few times a day.
- + Keep your energy up for activity with healthy lifestyle choices, like eating smart, handling stress, practicing mindfulness and getting enough sleep.