

Move outside the exercise box

THE MORE YOU MOVE, THE STRONGER YOUR BODY WILL BE AND THE BETTER YOUR HEART, LUNGS, AND OTHER ORGANS FUNCTION. ANY MOVEMENT THAT GETS YOUR HEART RATE UP COUNTS AS PHYSICAL ACTIVITY.



AT HOME

- Walk the dog.
- Play a family game of catch or frisbee.
- Add in some squats or lunges while you work in the kitchen.
- Do some light bodyweight exercises while you watch TV.

AT WORK

- Park farther away to get more walking time.
- Take the stairs.
- Set a timer for a five-minute movement break every 30 to 90 minutes.
- Walk at lunch or go up and down the stairs a few times.

THE WEEKEND

- Choose a hobby that gets you moving, like an outdoor activity.
- Plan social gatherings that include movements like hiking or active games.
- Put on some music and make chore time fun and full of movement.
- Go sightseeing or choose a family outing that includes a long walk or hike.

