

PHYSICAL ACTIVITY TIPS

Here are some helpful tips for achieving your goals:

With busy work schedules, family obligations, and packed weekends, it can often be difficult to get the recommended amount of physical activity. Try these tips for incorporating exercise into your life:

- ✓ Do it in short bouts. Research shows that moderate-intensity physical activity can be accumulated throughout the day in 10-minute bouts, which can be just as effective as exercising for 30 minutes straight. This can be useful when trying to fit physical activity into a busy schedule.
- ✓ Mix it up. Combinations of moderate- and vigorous-intensity physical activity can be used to meet the guidelines. For example, you can walk briskly for 30 minutes twice per week and jog at a higher intensity on two other days.
- ✓ Set your schedule. Maybe it's easier for you to walk during your lunch hour, or perhaps hitting the pavement right after dinner is best for you. The key is to set aside specific days and times for exercise, making it just as much a regular part of your schedule as everything else.
- ✓ The gym isn't a necessity. It doesn't take an expensive gym membership to get the daily recommended amount of physical activity. A pair of athletic shoes and a little motivation are all you need to live a more active, healthier life.
- ✓ Make it a family affair. Take your spouse, your children, or a friend with you during exercise to add some fun to your routine. This is also a good way to encourage your kids to be physically active and get them committed early to a lifetime of health.

Remember to consult a physician before beginning any exercise program. Stretch before both the cardio and strength routines. If you feel any discomfort when completing any exercises, stop immediately. When engaged in strength training letting your muscles rest is very important. Make sure you rest at least 48 hours between strength training workouts. If you feel that more time is needed due to soreness don't be afraid to make adjustments to the schedule. **Go at your own pace and listen to your body.**