



## Get active

### Exercise 30 minutes a day, without the gym

Being active at least 30 minutes a day will improve your health, and you don't even have to go to the gym. It's easy to add in a little movement, whether you're headed to work, in your office, on your lunch break or commuting home. Try these ideas to start:

1. If you have a desk job, get up and move every hour or so. Walk to the water fountain. Go for a stroll during your break.
2. Walk, bike, jog or skate to where you want to go.
3. Park the car farther away and walk a block or two.
4. Stand or walk around when talking on the phone.
5. If you take the bus, get off before your stop and walk the rest of the way.
6. Take the stairs when you can.
7. Keep sneakers and workout clothes in your car or office. You'll be ready for exercise wherever you go!

Sources: Momentum Health Shelf, CDC, The President's Council on Physical Fitness and Sports

### Get in shape by finding what works for you

No matter how inactive you are, you can commit to getting in shape. It doesn't have to be a chore when you find easy, fun ways to make it a part of your life.

- Choose activities that are enjoyable but not too tiring. If you're just starting, a walk around the block beats a 10-mile hike.
- Mix it up. You don't eat the same thing every day, so why do the same exercises? Try a new jogging route, or play a new sport.
- Work out with your spouse, child or friend. Join a health club, soccer league or softball team.
- Listen to music or a book on tape while you run or walk.
- Set weekly goals and track your progress. A goal might be 30+ minutes of activity 5 days a week. Or it might be walking a mile a day. Write it down and check how you're doing each week.

Sources: Momentum/Wellspring Health Shelf, National Institutes for Health, The President's Council on Physical Fitness and Sports, American Heart Association

### Trivia time:

#### How many steps make up a mile?

Answer: There are 2,000 steps in a mile. To maintain a healthy lifestyle, we should aim to walk 10,000 steps a day.

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### Plan an exercise program you'll stick with

Exercise is good for you – and fun if it's done right. Here's how to plan activities that are safe, and that you'll actually do.

**Set weekly goals.** You might aim to exercise for 30 minutes five days a week. Or walk 2 miles four days a week. Be specific, and write it down.

**Keep track of what you do.** Some people keep an exercise journal. Others write a note on their calendar. These tools help measure your progress over time.

**Exercise with family or friends.** Join a biking or hiking club, or take a fitness class. A social element helps keep it fun.

**Try different activities.** Walk, bike, swim, hike on the weekends, play tennis or garden.

**Don't overdo it.** If you get tired or sore, it isn't enjoyable. Take it easy, but be consistent. Your body will adjust.

**Think of exercise as "play time."** Have fun and reward yourself when you reach a goal.

Sources: Momentum/Wellspring Health Shelf, National Institutes for Health, The President's Council on Physical Fitness and Sports, American Heart Association

### Trivia time:

#### What muscle is the strongest in the body?

Answer: It's hard to say. Every muscle works with others to make your body move. The heart never takes a break, however, so it's the most active muscle.

### True or false: Anaerobic vs. aerobic exercise

Can you tell the difference between two types of exercise, anaerobic (strength training) and aerobic (cardio)? Answer true or false.

- > Walking is one of the simplest aerobic exercises. *True; all you need is comfortable shoes.*
- > Anaerobic exercise includes high-intensity weight training, sprinting and jumping. *True.*
- > Stair climbers and ellipticals can provide a good anaerobic workout. *False; these are aerobic exercises.*
- > Anaerobic exercise only lasts up to 2 minutes. *True; after that the aerobic system kicks in.*

Sources: The Cleveland Clinic, Breaking Muscle newsletter

### How to turn family time into fitness time

Your home life is busy, but you can still make it your goal to be active every day. Invite family to join you. It'll be more fun for you – and healthy for them. Here are some activities you can enjoy together:

- > Work in the garden
- > Walk the dog
- > Dance around the house
- > Pack a picnic and go for a nature walk
- > Take active vacations: bike, ski, play on the beach or hike in the mountains

Sources: Momentum/Wellspring Health Shelf, National Institutes for Health, The President's Council on Physical Fitness and Sports

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