

## Quick Tips: Fitting Physical Activity Into Your Day - Get started

You may not even realize that many of the things you do during the day are ways for you to meet your physical activity needs. Many household chores, for example, will get your heart rate going faster. A faster heartbeat is what defines moderate-level activity.

Experts recommend that you get 30 minutes of moderate-level activity a day, at least 5 times a week. Brisk walking is one example of a moderate-level activity. But many of us are so busy that taking a half-hour break for physical activity can seem impossible on most days.

Here's some good news: It doesn't have to be 30 minutes straight. Three 10-minute spurts of physical activity or two 15-minute spurts during the day are just as good.

Here are some ideas for fitting short bursts of activity into your day:

### At home

- Take three 10-minute walks or bike rides during the day.
- Use an exercise DVD for 15 minutes in the morning and 15 minutes in the evening.
- Turn up the music and dance while you vacuum.
- Take a 10-minute dance break with your young children.
- Mow the lawn. Push the mower as fast as you can.
- Give the kitchen floor a good scrubbing.
- Wash the car, clean the garage, or wash windows.
- Play Frisbee, hopscotch, or jump rope with children.
- Walk or bike to the store.
- Walk the dog.
- Read the newspaper on a stationary bike.

### At work

- Use your commute to do some extra walking. Park several blocks away, or get off the bus a few stops early.
- Use the stairs instead of the elevator, at least for a few floors.
- Suggest holding meetings with colleagues during a walk inside or outside the building.
- Go the extra distance when possible: Get your coffee on another floor (use the stairs) or use the restroom that's the farthest from your office.
- If you need to speak to a coworker, walk to that person's office or station rather than using e-mail or the phone.
- Use your morning and afternoon breaks to take quick 15-minute walks.



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