



# 5 WAYS TO INCORPORATE PHYSICAL ACTIVITY INTO YOUR DAY

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Why is physical activity so important? Just 30 minutes of exercise each day can have significant health benefits:

- Increase cardiovascular fitness
- Strengthen bones and muscles
- Reduce risk of developing heart disease, type 2 diabetes, and osteoporosis
- Improves mood and mental health
- Improves sleep

**1. Take a walk.** Sitting for long periods of time has proven to have negative effects such as higher risk for heart disease, cancer, obesity, etc. If you are working from home, try and take a few 10 or 15 minute walks each day in between meetings or classes.

**2. Wake up and work out.** This does not have to be a long workout! Studies show that 30 minutes of exercise each day give you all of the benefits from exercise. Find something you enjoy doing. This will make getting out of bed easier. Here's a tip: lay out your workout clothes before you go to sleep so that you are more motivated to exercise when you wake up.

**3. Track your steps!** You can do this using a Fitbit, Apple watch, or even the health app on your phone. Set a goal that you want to walk "X" number of steps per day and try to hit that!

**4. Find a workout partner!** Exercising is much more fun when you have someone to do it with. Ask a loved one or friend if they want to go for a 30 minute walk with you. You can even set a daily time with this individual so that you do not have to find motivation each day to get yourself active.

**5. Do chores around the house.** Physically demanding chores can count as exercise, too! Some of these chores include gardening, mowing, raking leaves, and washing windows.