

Finding Physical Activity Time

Do you find it difficult to fit 30 minutes of physical activity into your life every day? It can be done. Even with a busy lifestyle, you can boost your activity level. These everyday activities can count toward your daily total if they are done with moderate intensity and most take little, if any, extra time.

- Get up 30 minutes earlier in the morning and take a brisk walk to start your day.
- Forget the drive-through car wash. Wash the car yourself. You will save money at the same time.
- Do some backyard gardening. Try growing fresh vegetables and herbs.
- Push your lawn mower instead of using the riding lawn mower. Go even further by not using a power assisted mower.
- Play actively with your kids, grandchildren or pets. Some dogs like to play Frisbee as much as kids do.
- Combine several different movement activities during the course of your day, all of those will add up to develop a healthier you!