

Physical activity is vital to good health.

In addition to regular exercise, try to incorporate movement all day.

PARK FURTHER AWAY

If it's safe, park in the back of the parking lot when you go to work or the store. Doing so will help you get some extra steps in, and a little more rresh air!

STAND UP

Instead of sitting at your desk all day, try standing up for a bit. Walk when you are on the phone, or take frequent stretch breaks. Maybe go for a walk on your lunch break.

TAKE THE STAIRS

Instead of using the elevator, take the stairs! if you can't make it all the way up, then walk a few floors and ride the rest of the way. Try to add more floors each week.

CLEAN THI HOUSE

Doing daily chores can be a great way to get more activity in. Sweep the kitchen, or dust the blinds, anything that gets you moving. Make it fun by listening to your favorite music and sing and dance along as you can clean.

WALK THE DOG

Exercise is great for your pet too! Take a nightly stroll with your dog, long and fast enough to get your heart rate up.

The NIH recommends adults get 30 minutes of physical activity 5 days a week.