The Clock is Ticking…

Think about it like this. Everybody has the same 1,440 minutes in a day. Can you find time to spend just 30 minutes a day on being more active? It's worth the effort.

Research shows that people who are active at least 30 minutes a day are TWICE as likely to avoid:[2]

- Stroke
- Heart disease
- Diabetes
- Obesity
- Certain types of cancer

When you're active, you're also TWICE as likely to feel happier and live longer, than people who aren't.

Take It For a Test Run: 10 Reasons to Be More Active

Still think 30 minutes is too much? If you don't have time for a gym workout or 30-minute walk, try being active in 5-minute sessions a few times a day. Take this for a test run and see how you feel. Research shows that physical activity can help:[3]

1. Improve sleep
2. Control weight
3. Improve strength and flexibility
4. Lower cholesterol
5. Improve heart health
6. Build stronger bones
7. Lower blood pressure
8. Boost mood
9. Reduce stress & anxiety
10. Lower body fat

Favorite Workout? Do Your Thing in 30 Minutes

Aiming for at least 30 minutes of physical activity per day is the goal. But don't pick an activity you despise. You'll be miserable, and you won't want to keep doing it. The best workout is the one you'll actually do. Pick an activity you enjoy, and start moving. Try:

- Walking
- Swimming
- Cycling
- Running
- Hiking
- Dancing
- Yoga
- Gardening
- Weight Lifting
- Taking a Fitness Class

How to be active at home https://tinyurl.com/ts6nman

Track your activity level https://tinyurl.com/3edbrjwm

13 Creative Ways to Be More Active

Still wondering how you're going to fit 30 minutes of physical activity into your day? If you don't have time for a 30-minute workout, here are some easy and creative ways to be more active that don't require a formal workout or gym membership:

1. Take the stairs.
2. Host a walking meeting at work.
3. Walk to deliver a message to someone (instead of yelling, calling, or texting).
4. Use a stand-up desk.
5. Take the dog for a walk.
6. Exercise during commercials (jumping jacks, push-ups, sit-ups, squats).
7. Clean the house…FAST.
8. Play in a park (swingset, playground, games, sports).
9. Use your home exercise equipment (cycle, treadmill, weights).
10. Park far away when you go shopping to get extra steps.
11. Speed walk through the store when you shop.
12. Work in the yard.
13. Walk around when you're on the phone.

Now you know how to be more active, even if you're short on time. Carve out time for a 30-minute workout, or break it down into bite-sized sessions of physical activity. You'll feel better, be healthier and live longer.

References

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3. Nieman, D., et al. (2018). The compelling link between physical activity and the body's defense system. *Journal of Sport & Health Science,* 8(3), 201-217. From: https://tinyurl.com/k55fxab5