

# Finding Time for Physical Activity

Experts say to do 2 1/2 hours of moderate activity a week. You don't have to do this all at once — aim for blocks of 10 minutes or more throughout your day and week.

Activities can include things like walking quickly, brisk cycling, or anything that raises your heart rate and makes you breathe harder. And good news: some of the household chores you already do will get your heart rate going faster!

Looking for more ways to get and stay active? Try some of these ideas:

## At home

- Take a few 10-minute walks during the day
- Wash the car, clean the garage, or wash windows
- Walk or bike to the store

## At work

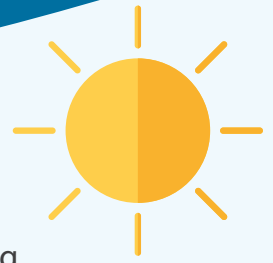
- To do some extra walking, park several blocks away, or get off the bus or train a few stops early
- If you need to speak to a coworker, walk to that person's desk rather than using e-mail or the phone
- Use your morning and afternoon breaks to take quick walks



**Are you finding the time to be active?  
It may be easier than you think!**

See the other side for tips on staying active as a family.

# Getting Active as a Family



When the whole family is involved in physical activities together, children learn that being active is fun and makes you feel good! And busy parents can combine family time with exercise time. Here are some ideas of what you can do with your family!



## Walking

When family schedules get really busy, going for a walk may be the easiest thing you can do together.

- **Start with short walks.** Add more distance gradually.
- **Try scavenger hunts** with a list of “treasures” they can find, like a red leaf, a blue house, or a black dog.
- **Use a wearable device or a pedometer** and work on increasing the number of steps you take. Start with a goal of 10,000 steps a day.

## Outdoor activities

- Go for a **bike ride**.
- Join your kids in games like **hopscotch, tag, jump rope, and hide-and-peek**.
- Get involved in family-friendly sports like **skating, swimming, and tennis**.
- Play a **family basketball, baseball or soccer game**.
- Take up **miniature golf**.
- **Pick up trash** at a local park.

## Indoor and rainy-day activities

- Create a new **dance or exercise routine to a favorite song**. Have a different child choose a song each week.
- **Go to the mall** and count how many laps you can walk as a family.
- Have a **hula hoop contest**.
- Set up a fun **obstacle course outdoors** or in the basement, garage, or spare room.



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