



## Tips for staying active

### Being active at home can be easy and fun

Most adults should aim for at least 150 minutes of moderate-intensity activity each week. It's easy to do at home. Try walking briskly around your house or up and down the stairs. Download an app or try an online exercise video. Do housework or work in your yard. Put on your favorite music and dance! You can schedule your activity to add breaks in your day. You can do 30 minutes. Or you can do 10 to 15 minutes 2 or three times a day.

### We're built to move

As a society we are sitting more than we ever have. Too much sitting raises your risk for heart disease, weight gain and type 2 diabetes. Now we're spending more time at home. Our routines are different. We don't have access to all the same ways we used to be active. But we are built to move! You can move anytime, anywhere. Play with your family. Do yardwork or chores. Turn on some music and dance. Or move around while you're watching television. Every bit of movement helps. So add some activity to your day, even if it's just 10 minutes at a time.

### Put tech to work for you

Being active can help you reduce stress and improve your overall well-being. A device or app can help you keep track of how much moderate-intensity activity you're getting. Remember to aim for 150 minutes each week. It's fun to watch your progress. Using a fitness device or app can give you an extra boost of motivation. You can track more than activity too. Choose one that works with your wellness goals. Like getting more sleep or tracking your diet.

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