



# MOVE MORE

## HOW CAN I START GETTING MORE ACTIVE?

There are a million ways to get moving! And the best way is the way that works for you. Use these tips to get active.

### Think beyond the gym

You don't need a gym membership or a personal trainer. You can get active without spending a dime. Try these tips:

- Follow along with online workout or yoga videos
- Walk, jog, or roll around your block or at the local community track
- Put on some music and dance around the house

**Experts recommend 2 hours and 30 minutes** of physical activity a week — that's a little more than 20 minutes a day. But even a few minutes is good for you. So do as much as you can today and add more over time — every minute counts!

**I'm a busy person.  
How much time do  
I need for activity?**

### Make it work with your schedule

Short on time? Plan short activity breaks during your day:

- Take walking meetings or walking lunch breaks at work
- Fit in a few squats while standing at your desk or the kitchen sink
- Do jumping jacks or planks during commercials while watching TV

**Is walking really  
"active" enough?  
For sure!**

It may not feel like exercise, but a brisk walk can really get your heart pumping.

You can also save time with chores that get you moving:

- Take your dog out for a stroll
- Do gardening or yardwork
- Sweep or vacuum