

Being Active - ANYWHERE!!

Being physically active is much easier than you thought possible. There's no need to join an expensive health club or to spend hours doing exercises you hate. You don't even have to change your clothes!! Best of all, you can get fit ANYWHERE - ANYTIME of day!

WHY make physical activity part of your day?

- 🚴 **ENJOY** the pleasure that comes from getting stronger and healthier.
- 🚴 **BOOST** your brainpower and your energy levels all day long.
- 🚴 **IMPROVE** your strength and endurance (both physical and mental).
- 🚴 **ENHANCE** your natural good looks from the inside out.
- 🚴 **PROTECT** yourself from the pain of heart disease, cancer and osteoporosis.

WHAT activities are the healthiest choices?

For overall health, your best bet is to enjoy a wide variety of physical activities. Just follow the 30-10-5 rule: at least 30 minutes of physical activity a day, at least 10 minutes at a time, at least 5 days a week. For best results, give your body what it deserves.

- 🚴 **Fun activities** - because they are the ones that you'll stick with!
- 🚴 **Aerobic activities** - that get your heart pumping, like brisk walking or dancing.
- 🚴 **Body-shaping activities** - to maintain muscles, like lifting weights or groceries.
- 🚴 **Stretching activities** - for flexibility and tone, like water aerobics or gardening.
- 🚴 **Balance activities** - to strengthen bones and prevent falls, like yoga or bike riding.

HOW can I make activity part of every day?

With a few simple guidelines, you can make physical activity an integral part of your day even with a hectic schedule. Look for all the easy ways to fit fitness into your life.

- 🚴 **Play more:** Feel like a kid again by skating, swinging, playing ball or flying a kite.
- 🚴 **Use leg power:** Walk the dog; walk to the store; walk around the mall; just walk.
- 🚴 **Hide the remote:** Change the channels the old-fashioned way - by getting up!
- 🚴 **Practice inefficiency:** Make multiple trips on the stairs or to the car for groceries.
- 🚴 **Pick up the pace:** Use a longer stride when you walk - everywhere, all the time.

