

## Smart Moves for a Healthy Weight

Everyone agrees that physical activity is essential for good health. While any amount of activity is better than none, experts suggest a total of 30 to 60 minutes per day. The ideal combination is a variety of activities to build aerobic capacity, strength and flexibility.

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### 1. Move more: Every step counts toward better health

- When it comes to physical activity, every step has health benefits. The goal is to spend more time moving and less time sitting. Get off the couch and aim for at least 30 minutes of physical activity a day, at least 10 minutes at a time, at least 5 days a week.

### 2. Move often: Be active throughout the day

- Finding a free hour for physical activity can feel impossible, especially with travel and clean up. Finding 10 to 20 minutes is often more realistic. Short bursts of activity can provide the same health benefits and help reduce daily stress at the same time.

### 3. Move inside: Walk the stairs, the halls, the malls

- Weather, work and hectic schedules can be obstacles to getting enough activity. The solution is to build more steps into your daily routine. Take the stairs at a power pace, walk around the office when you are on the phone or take an extra lap around the mall.

### 4. Move outside: Walk, bike, blade, mow, rake, shovel

- Spend as much time outside as possible -- in the yard, in the park or in the wilderness. Gardening is great way to get physical and grow delicious produce at the same time. Always, remember to use sunscreen, wear comfortable shoes and carry a water bottle.

### 5. Move for fun: Dance, skip, swing, or go fly a kite

- If you hate to exercise, just change the "E" to ENJOYMENT. Dance with someone you love, walk your dog, or be young at heart and play with the kids. Put on your favorite music and rock around the house -- it can make vacuuming a whole lot more fun!

### 6. Move together: Join a class or walk with friends

- Making a commitment to someone else can make it easier to fit your fitness in. Sign up together for water aerobics, line dancing or yoga. Organize a formal or informal walking group in your neighborhood and check out the local mall walkers.

