

YES.

You **can** make time for exercise.



- 1** Can you find 10 minutes in the morning? During your lunch break? In the afternoon? Just 10 minutes can make a big difference.
- 2** Select activities that don't require a lot of time and equipment. Walk, jog, ride your bike, climb the stairs, or even ride a scooter! **Be creative!**
- 3** Make physical activity a priority and incorporate it into your normal routine. Actively commute to your destination or host walking meetings. **Have fun!**
- 4** Make physical activity a family or co-worker event. Go for regular walks or attend a fitness event, or class.

A Little Goes A Long Way...

- Adults need **150 minutes** (just 2.5 hours) of aerobic physical activity (i.e. walking, running, biking) **each week**.
- Adults also need muscle strengthening activity (i.e. weight lifting, yoga) **two or more days each week**.

