

# 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.
- 4 Make physical activity a family event. Go for family walks 1-2 times a week.
- 5 Incorporate physical activity into your daily routines. **Have fun!**

### **A little goes a long way...**

- Adults need **150 minutes** (just 2.5 hours) of physical activity **each week**.
- Kids need **60 minutes** of physical activity **each day**.

For more, visit [healthysd.gov](http://healthysd.gov)

