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