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. Carve out time each week and mark it on your calendar like any other appointment!
4 Make physical activity a family event. Go for family walks 1-2 times a week.
5 Build physical activity into your daily routines. Have fun!

- Do heel raises or balance on one leg while you brush your teeth, read a book, or even when you cook.
- Do resistance training exercises, stretches, jumping jacks, or jump rope while watching television or during commercial breaks.
- Work out during breaks at work; stretch or take short walks.

For more, visit healthysd.gov