

1,440 Minutes in a Day Use 30 for Better Health

Adults should get at least 30 minutes of physical activity five or more days a week. The good news is that you can split up the time to make it more convenient. You can do three 10-minute or two 15-minute blocks of time.

It is easier than you think. Walking briskly, biking, swimming or dancing are just some of the activities than you can do. You can play with your children or your grandchildren, do housework or garden. All of these have health benefits.

Here are some tips for getting active:

- If you are not active now, start slowly.
- Gradually increase how often you exercise, the amount of time and the intensity.
- Find an activity you enjoy.
- Try to vary the types of activities you do. That will help to keep your interest and improve the health benefit.
- Ask a friend or spouse to join you.
- Set reasonable goals. As you reach them, set new goals.



Dealing with Setbacks

If something comes up and disrupts your routine, it's okay. Think of the setback as being temporary and get going again. You can even use the setback to review your activity habit and set some new goals.

- Are the times practical? If not, rethink and change time of day for your activity.
- Are you bored? Try a new activity. Find someone to exercise with.
- Too tired? Keep in mind that physical activity can help you to feel more energetic.
- Too stressed? Physical activity is a great stress reducer.
- Not enough time? Remember, there are 1,440 minutes in a day; take 30 of them for you and your health.