

Get Active Wherever You Are

Physical activity can help you live a longer, healthier life, but you don't need to join a gym or use costly equipment to be physically active. No matter where you live or work, you can find fun, inexpensive ways to move more and sit less throughout your day.



START THE
YEAR OFF
ON THE
RIGHT
FOOT!

Moving more can reduce your risk of many serious conditions, including heart disease, diabetes, osteoporosis and certain kinds of cancer. Healthy physical activity includes formal exercise as well as many everyday activities: active chores around the house, yard work or walking the dog, among others.

Aerobic activities — brisk walking, dancing, swimming, playing sports, etc. — can improve the health of your heart and blood vessels. Strengthening exercises, like push-ups and lifting weights, help make your muscles and bones stronger and can also improve your balance.

Most adults don't meet the minimum recommended amount of physical activity—30 minutes of brisk walking or other moderate activity five days a week.

Get Creative!

- No sidewalks? Try walking in the parking lot at work!
- Bad weather? Walk around the mall!
- Too dark/cold/unsafe? Climb stairs indoors or do push-ups and squats during commercial breaks or while waiting for food to cook.

Get a Buddy!

Connecting with others can positively impact your physical activity. You will be more likely to engage in, and enjoy, moving around if it provides an opportunity to bond with someone else. So grab a friend or family member and go for a walk, or find other fun activities you can do together!

References:

- Relation between higher physical activity and public transit use. Saelens BE, Vernez Moudon A, Kang B, Hurvitz PM, Zhou C. *Am J Public Health*. 2014 May; 104(5):854-9. doi:10.2105/AJPH.2013.301696. Epub 2014 Mar 13. PMID: 24625142.
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