WEEK 4: GET UP, GET OUT, GET MOVING

Getting fit may be easier than you think.
First, make time for exercise. If you’re busy, don’t let it stop you. Just fit more activity into the things you already do every day – whether at home or at the office.

Second, do what you love. Maybe you love playing tennis, rolling around in the yard with your pets or perfecting your garden. When you like your exercise, you’re more likely to keep it up.

Here are a few tips on how to easily integrate a workout into your daily routine:

- **Exercise anywhere.** Walking is a great way to get fit because it doesn’t require a fancy gym membership or sports gear. It also gets your heart pumping and keeps your metabolism active, which can help you manage your weight.

- **Park farther away.** Running errands, at work or dropping off kids, park as far away as you can to add a few steps to your day.

- **Enjoy your exercise.** Ride a bike, play a sport, or break a sweat dancing – it’s good for you! Refresh your mind and get your blood pumping while doing what you love.

Before you know it, you’ll find you do have time to be active. Doctors recommend at least 30 minutes of moderate activity five or more times a week. So, if you take that brisk walk to and from your car every day, you’re well on your way to getting enough exercise.

Adapted from UC Health Plans