

MOVE MORE



ACCORDING TO THE U.S. DEPARTMENT OF HEALTH AND HUMAN SERVICES OFFICE OF DISEASE PREVENTION AND HEALTH PROMOTION, EACH WEEK ADULTS NEED 150 MINUTES OF PHYSICAL ACTIVITY AND AT LEAST TWO DAYS OF MUSCLE STRENGTHENING ACTIVITY. IT MAY SEEM LIKE A LOT, BUT YOU DON'T HAVE TO DO IT ALL AT ONCE.

YOU COULD DO AS LITTLE AS 30 MINUTES OF PHYSICAL ACTIVITY, FIVE DAYS A WEEK! CHECK BELOW FOR A FEW WAYS YOU CAN SNEAK PHYSICAL ACTIVITY INTO YOUR DAY



TAKE A LAP!

Take advantage of downtime by taking a brisk walk in between trips or when you have a break. Just three 10 minute walks or 3,000-4,000 steps could help you meet your daily goal. This is great for getting your blood flowing, increasing your heart rate, and stretching your legs.



STEP IT UP!

Use the stairs instead of the elevator where possible or grab your headphones and jump rope for the duration of your favorite song.



PARK AND WALK!

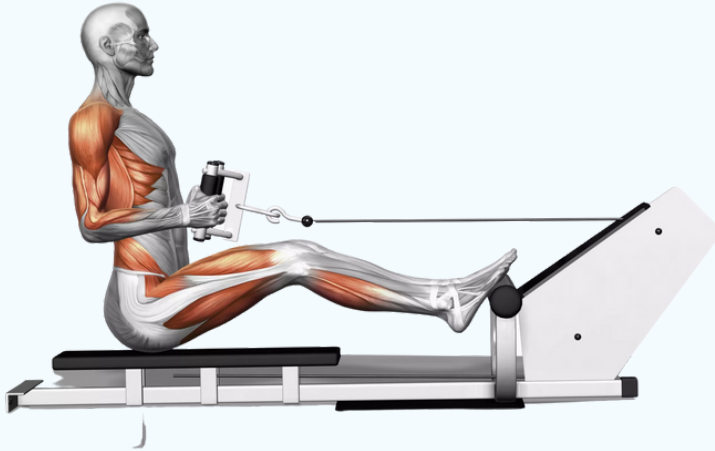
When you arrive at work, don't look for that perfect spot right by the entrance. Instead, pick a parking spot that is not close to the entrance so you can take advantage of the opportunity for a brisk walk.



EXERCISE!

Try some simple resistance band exercises. Check out the examples below or click [here](#) to explore a library full of resistance band exercises from the American Council on Exercise

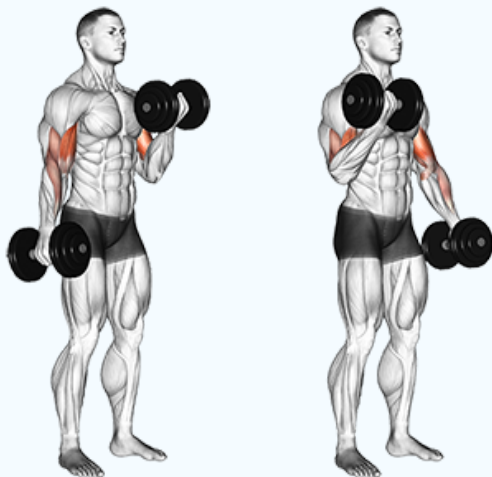
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SEATED ROW: THIS EXERCISE WILL WORK YOUR ARMS AND BACK AND CAN BE DONE WITH RESISTANCE BANDS OR THE PULLEY CABLE MACHINE.



STANDING LEG EXTENSION: THIS EXERCISE WILL WORK YOUR ABS AND THIGHS. GIVE IT A TRY!



STANDING BICEP CURL: THIS EXERCISE WILL STRENGTHEN YOUR ARMS.



WHOLE-BODY RESISTANCE BAND WORKOUT