

Make time for self-care and feel your best

When you're busy, it's easy to put self-care at the bottom of the list. But being active is a key part of staying healthy now, and in the future. Most adults should try for 150 minutes of moderate-intensity activity each week.

That's only about 20 minutes a day!

If you find it hard to get started, just break it up into smaller chunks. Even 5-10 minutes at a time can help.



6 tips for including activity in your routine



1. Have a goal

Once you set it, you can decide how much activity you'll do to reach it.



2. Schedule it with a friend

You'll be less likely to skip it if a last-minute change affects someone else.



3. See a chance and take it

If you have 10 minutes free that you weren't expecting, grab your shoes and go for it.



4. Put it on your calendar

Once it's there, keep it like you would other important appointments.



5. Set reminders

Sometimes that short buzz or beep of an alarm is all it takes to stay on track.



6. Fit it in naturally

You may enjoy working out in the morning or taking an evening walk — just find what's best for you.

Be sure to check with your doctor before starting any exercise plan. Together, you can decide what works best for you.

*FOR EVERYDAY ACTIVITIES: Centers for Disease Control and Prevention (CDC).

Benefits of Physical Activity. Last reviewed: August 1, 2023. Accessed March 20, 2024.

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DID YOU KNOW?

Being physically active can improve your brain health, help manage weight, lower the risk of disease, and strengthen bones and muscles. Plus, it improves your ability to do everyday activities.*

Keep in mind — just a few minutes a day is all it takes to enjoy the benefits.



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