

Fitting Physical Activity Into a Busy Lifestyle

Can't find time to fit physical activity into your busy schedule? Here are some tips from the CDC Nutrition and Physical Activity Program that may help:

- Be ready for activity wherever you are-keep comfortable clothes in your car and a pair of walking or running shoes in your car and office.
- Make physical activity part of your daily commute-park farther from your office or get off the train one stop earlier and walk.
- At work take the stairs instead of the elevator, walk down the hall instead of using the phone or email, or take a walk during a break and the lunch hour.
- Take a brief walk before or after work.
- Play with the kids before dinner.
- Incorporate physical activity into your weekend and day-off activities such as walking up and down the sidelines of your child's team sport practice, joining a weekend dancing group, going to the park or zoo with your family, or walking while doing errands.
- Make a Saturday morning walk a family habit.
- Get physical activity and the house clean at the same time doing active indoor chores.
- Do some active outdoor chores.

Be creative and plan to find new ways to include more physical activity into your day. Now is a great time to get started.

For more information, call the CDC nutrition and physical activity information line at (888) 232-4674 or visit Web site: <http://www.cdc.gov/nccdphp/dnpa/>.