



Adding Physical Activity to a Busy Schedule

If you have a health condition, an old injury, or you have not been active in a while, talk with your doctor first about what level and kinds of activities are safe for you.

When you work, find ways to keep active and put extra moves into your routine.

- If you sit a lot at work, try to get up and move every hour or two.
- Stretch at your desk or march in place.
- Walk up and down stairs, deliver a message, or pick up supplies.
- Use breaks or part of lunch to walk for 10 minutes.
- If you stand a lot at work, try walking in place or moving your arms.
- If you're stressed, take 5-10 deep breaths and sit up as tall as you can.

When you are doing seated activities, stretch your body while you stretch your mind.

- When you watch TV, some good ways to move are:
 - Use an exercise DVD or video for a few minutes before you watch any other TV.
 - Use commercials as an exercise break - during a 1-hour show you can get in 10 minutes of movement.
 - Do chair exercises or a few quick stretches.
- Take exercise breaks while you use a computer, do hobbies, or play games.
- Walk around while you talk on the phone.
- Do leg and foot exercises while you're reading or knitting.
- Take a quick walk after you finish a chapter or a section of knitting.

Continued on back.



Utah
Cancer Control
Program

A Joint Program of the
Utah Department of Health and
Utah's Local Health Departments

When you do household chores, yard work, gardening, and home repair, think about ways to move and make your chores do double duty!

- Scrub a little harder and longer.
- Put music on and turn cleaning into dance time!
- Make several trips up the stairs.
- Spend some extra time gardening.
- Don't use a sprinkler—walk around with the hose or watering can instead.

Walk or bike to get to where you need to go more often, and walk or pedal briskly.

- Do errands or visit people on foot.
- If you drive, park in the farthest safe parking spot; if you take the bus, get off one stop early.
- Check your walking pace:
 - If you can sing a song as you stroll along—walk a little faster.
 - If you can't talk when you walk—slow down a little and catch your breath.
- Swing your arms while you walk.
- Don't avoid the hills. Start with small hills and work up to steeper ones over time.
- Set up a reminder for yourself, like putting your walking shoes by the front door.

When you exercise or do sports, spend more time doing whatever you like to do—or step up the pace!

- Try activities or sports such as brisk walking, jogging, swimming laps, bicycling, dancing, tennis, or softball.
- Be active a little longer: Add 3 minutes to each workout for one week, then add 3 more minutes the next week.

When you do strength training exercises, start slowly and work up to more.

- Do exercises at home using stretch bands or weights.
- You may want to start with 6–8 repetitions and add 2 more each week.
- If you belong to a gym, ask a trainer to help you set up a strength training program and show you how to do the exercises correctly.