



# National Physical Fitness and Sports Month

**During May Physical Fitness Month, challenge yourself to increase your physical activity by 30 minutes each day. Why? Some benefits include:**

- Promoting weight loss.
- Improving physical resiliency.
- Reducing or preventing chronic diseases such as heart disease.
- Improving quality sleep patterns.



**Given the health benefits of regular physical activity, we might wonder why Americans perform little to no physical activity. Lack of time is a common barrier for most individuals who are not physically active. There are many ways to increase your personal exercise time.**

## **Making More Time for Physical Activity:**

- Identify available time slots. Monitor your daily activities for one week. Identify at least five 30-minute time slots you could use for activity.
- Add physical activity to your daily routine. For example, walk or ride your bike to work or shopping, organize school activities around physical activity, walk the dog, take the stairs, exercise while you watch TV, park farther away from your destination, etc.
- Select activities, such as walking, jogging, or stair climbing that you can do based on the time that you have available (e.g., 5 minutes, 10 minutes, 20 minutes).
- Take advantage of physical activity facilities and/or programs. Hold walking meetings and conference calls if possible. During phone calls try to stand, stretch, or move and walk around some, if possible.