

Strategies for Exercise and Steps

It's all about Showing Up!

Whether you are active for 10 minutes or 60 minutes, it's time to get your body moving! Don't let the clock determine your exercise and activity. You can spread activity and exercise throughout the day when you have time to gain the benefits. By using the time you have you will form habits that can extend your life!

What is the difference between exercise and activity?

Exercise is formal physical activity that improves your body composition of muscle and fat and helps maintain weight loss. Daily activities, such as steps, can increase the calories you burn for the day. Both are great ways to get moving and can improve your mood.

👉 Find what is doable and enjoyable for you!



Exercise

- ⇒ Include resistance training
- ⇒ Do yoga or Zumba
- ⇒ Take a workout class
- ⇒ Play a pickup game
- ⇒ Use exercise TV on Hulu
- ⇒ Use an app like Nike Training Club
- ⇒ Train for a race or competition
- ⇒ Use simple weights at home
- ⇒ Get a gym membership
- ⇒ Try new things
- ⇒ Track it



Activity

- ⇒ Use a pedometer
- ⇒ Set goals
- ⇒ Plan a route inside or outside
- ⇒ Add walking to your commute
- ⇒ Take the stairs
- ⇒ Walk and talk
- ⇒ Take breaks to walk
- ⇒ Pick up the pace
- ⇒ Walk to events
- ⇒ Make it a habit