

## Get Moving 60-minutes a Day for Good Health!

*The National Academies of Science recommend 60-minutes of daily exercise. Here are tips to help you get moving and feel great!*

Recently, the experts at the National Academies of Sciences told Americans that we need to exercise 60-minutes a day to maintain our weight and experience added health benefits like reducing the risk of heart disease, diabetes, certain cancers and other chronic diseases.

Some healthcare professionals worry this recommendation may be unrealistic in our society where as of 1996, 60% of Americans were not regularly physically active and 25% were not active at all. Today we are even less active and more overweight. Can we stop this downward spiral? Yes, we can!

There are many ways we can get moving to meet our 60-minute daily goal. Daily exercise can be broken up into many smaller chunks throughout the day and 60-minutes can be accumulated from the moment you wake to the time you lie back down at the end of a day.

- ✓ Schedule exercise as a priority, like an important meeting that you can't miss.
- ✓ Get an exercise buddy.
- ✓ Take the stairs instead of the elevator.
- ✓ Walk during a lunch break or in place of a seated meeting.
- ✓ Ride bikes with your kids after work.
- ✓ Take a walk after dinner with your spouse and catch-up on the day.
- ✓ Park at the far end of the parking lot.
- ✓ Get a pedometer and challenge yourself to a daily goal.
- ✓ Join a recreational sports team.

Remember, being active takes a personal commitment, and it requires you to make exercise a personal daily priority. Get moving for your health: you'll reduce your risk of disease and early death, but best of all, you'll live longer and feel great!

### *References:*

National Academies of Sciences. Internet site: [www.nap.edu/books/0309085373.html](http://www.nap.edu/books/0309085373.html). (September 2002).