

Participant Guide

Find Time for Fitness

It can be challenging to fit in at least 150 minutes of activity each week.

Tips:

- ▶ Tweak your schedule. Get up 30 minutes sooner so you can take a morning walk. Or have dinner 30 minutes earlier so you can walk after dinner.
- ▶ Ask family and friends to pitch in with household tasks so you have more time to be active.

Mark's Story

Mark is at risk for type 2 diabetes. His doctor asks him to get at least 150 minutes of activity each week, at a moderate pace or more. But Mark is a busy guy.

On weekdays, Mark takes care of his grandkids while their parents are at work. On the weekend, he works at the library. In the evening, he likes to relax by watching TV. Mark is having trouble finding time to reach his fitness goal.

Mark decides to make some changes. These days, he gets up 30 minutes sooner so he can take a morning walk. He lifts weights or marches in place while he watches TV. He also plays soccer with his grandkids. It's great exercise for all of them. Plus, it's fun. Mark is finally reaching his fitness goal.

Time Crunches

What makes it challenging to fit in your 150 minutes a week?

Tips for Fitting in Fitness

It can be challenging to find time to reach your fitness goal. Check off each tip you try.

To fit in fitness anytime:

- ▶ Break your 150 minutes into 10-minute chunks.
- ▶ Schedule it. Put it on your calendar, and make it a priority.
- ▶ Tweak your schedule. For instance, get up 30 minutes sooner so you can walk before work. Or have dinner 30 minutes earlier so you can walk after dinner.
- ▶ Use a fitness app or tracker. These help you make the most of your time.

To fit in fitness while you get to places:

- ▶ Get off the bus or train one stop early. Walk the rest of the way.
- ▶ Park your car farther from the place you want to go.
- ▶ Take the stairs instead of the elevator.
- ▶ Walk or ride your bike to get to places.

To fit in fitness while you watch TV:

- ▶ Dance, or do side steps.
- ▶ Lift weights, or use resistance bands.
- ▶ March or jog in place.
- ▶ Pedal a stationary bike, or walk on a treadmill.

To fit in fitness while you get things done:

- ▶ Ask family and friends to pitch in so you have more time to be active.
- ▶ Mow your lawn with a push mower.

Move briskly while you:

- ▶ Rake your lawn, weed your garden, or shovel snow
- ▶ Shop
- ▶ Sweep or mop your floor, carry laundry, or vacuum
- ▶ Walk your dog
- ▶ Wash your car

To fit in fitness while you socialize:

- ▶ Go out dancing with your friend or partner.
- ▶ Join a walking club, golf league, soccer club, or softball team.
- ▶ Play soccer, tag, or kickball with your kids or grandkids.
- ▶ Push your child or grandchild in a stroller.
- ▶ Take a fitness class.
- ▶ Talk on the phone with a friend while you march in place, walk, climb stairs, or pedal a stationary bike.
- ▶ Walk with a family member or friend.

To fit in fitness at work (if you have a desk job):

- ▶ Ask your co-workers to hold stand-up meetings.
- ▶ Join a nearby gym. Stop off before or after work. Or go during your lunch break.
- ▶ Sit on a fitness ball, instead of a chair.
- ▶ Take a brisk walk during your coffee or lunch break.
- ▶ Take part in a fitness program at work.
- ▶ Talk to coworkers in person, instead of emailing them.
- ▶ Use a copy machine on the other side of the building.
- ▶ Walk around or march in place while you talk on the phone.

Tips for Fitting in Fitness

Your fitness goal is to get at least 150 minutes of activity each week, at a moderate pace or more. How will you find time to reach that goal?

