



Active Minutes

Everyday

Everyday activities count!

- ▶ Throw on some music and liven up the housework
- ▶ Play with your kids — their way
- ▶ Find the time by adding up the amount of all your physical activities. Make sure they add up to 30 minutes
- ▶ Physical activity doesn't need to be hard, but must be regular to achieve health benefits
- ▶ Select activities you enjoy and that fit into your daily lives
- ▶ It doesn't matter what you do, but it does matter how long or intense the activity is
- ▶ Do light and moderate activities longer than heavy, fast or intense activities (walk for 30 minutes or run for 15 minutes)
- ▶ After you get into a regular routine — pick up the pace

*Adding physical activity to your life is easier than you think.*

*When you're cleaning the house, walking the dog, or play with the kids — vacuum vigorously, walk faster, play active games and have fun.*

*You'll get more out of life with physical activity.*

*Everybody needs it.*



**Take Heart  
Alaska**

Alaska Department of Health and Social Services  
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 Section of Chronic Disease Prevention and Health Promotion  
 Heart Disease and Stroke Prevention Program  
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Everybody needs it!



## Here are some tips — to help you start

The best activity program is the one you stay with! Be creative in finding activities that you enjoy.

### Make short-term realistic goals

- ▶ Identify the type of activities you enjoy
- ▶ Develop an action plan
- ▶ Check with your doctor before you begin
- ▶ Schedule your activity into your daily routine — mark it on your calendar

### Recruit a friend or family member

- ▶ Find an activity partner, friend, neighbor, coworker -- or even an exercise video
- ▶ You can have more fun if you have someone to be active with
- ▶ Get the family involved — exercise benefits every age group

### Develop an incentive and reward program for yourself

- ▶ When you achieve your goals reward yourself
- ▶ Talk about your goals to your family and friends
- ▶ Keep an activity log or diary for positive feedback
- ▶ Identify other incentives that will help you get going

### Make it fun!

- ▶ Choose activities you most enjoy and vary them depending on the weather or season
- ▶ Even household chores and yard work can count as activities
- ▶ Make a game of it
- ▶ Exercise to music
- ▶ Be flexible
- ▶ Try variety
- ▶ Join a group

### Prevent slips and relapses

- ▶ If you get bored, change your activity
- ▶ Write down reasons why your last exercise session didn't work. Figure out strategies to prevent slips in the future
- ▶ Start again with your new plan

### Remember the benefits of physical activity

- ▶ Improve your fitness level
- ▶ Increase your strength
- ▶ Manage weight
- ▶ Improve your heart, diabetes or lungs
- ▶ Be more independent
- ▶ Lower your blood pressure
- ▶ Live longer
- ▶ Feel good — boost your energy
- ▶ Manage or reduce stress
- ▶ Improve posture and balance
- ▶ Enjoy life more and improve your well-being