

***An active lifestyle
doesn't have to
feel like a chore.***



Adding exercise into your daily routine does more for you than keep you fit. It can also:

- Improve your mood
- Boost your energy level
- Combat chronic conditions
- Help you sleep better
- Relieve stress
- Be fun!

We all tend to have busy lives. And sometimes adding one more thing, even if it's "just" a few minutes a day, feels impossible. So how do you find the time to make fitness a part of your life? We'll help you come up with ideas to work exercise into your day in a way that's meaningful to you.

Step One: Start with Activities You Enjoy

Approach exercise with this question: "What activity gives me joy?" or this one: "What do I love doing?" A positive approach is the first step to any healthy lifestyle change. Think about what you love doing and what you are already doing that might make it easier to be more active. You are more likely to stick with something you enjoy.

And if it doesn't work out at first, remember that you learn something about yourself every time you attempt to make a change. Use that knowledge to begin your next journey.

Step Two: Try Something New for 30 Days

You don't have to commit to running a marathon to get your fitness journey started. But you do have to start somewhere. You've thought about what makes you happy and what's important to you. Maybe you've jotted down a few ideas about activities you want to try. Now take the next step: make a 30-day commitment.

You can accomplish a lot by trying something for just 30 days. Thirty days is how long it takes to form a new habit (or break an old one).

Step Three: Make it Part of Your Life; Make Time to Be Active; Make a Commitment to Your Wellbeing.

Ready to get moving? If you're wondering how much time you should devote to your routine, consider following the Centers for Disease Control and Prevention (CDC)'s weekly exercise recommendations:

- At least 150 minutes a week of moderate intensity activity such as brisk walking
- At least 2 days a week of activities that strengthen muscles
- Aim for the recommended activity level but be as active as you are able

If you have any concerns about starting a new workout routine, check with your doctor before you begin.



Source: <https://www.UniveraHealthcare.com/health-wellness/preventive-health/fitness>

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ATENCIÓN: si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 1-855-547-7710 (TTY: 1-800-662-1220).

注意：如果您使用繁體中文，您可以免費獲得語言援助服務。請致電 1-855-547-7710 (TTY: 1-800-662-1220)。