

MARK'S CORNER

FIT FITNESS INTO YOUR LIFESTYLE



Being physically active above your usual routine, no matter what your level of activity, can have many health benefits. One of them is lowering your cancer risk. The American Cancer Society recommends that adults get at least 150 minutes of moderate-intensity or 75 minutes of vigorous-intensity activity each week (or a combination of these). While setting aside time for exercise is important, you can also find ways to be active in your everyday life that take little or no extra time.



If you drive, park farther away from your destination.



If you take public transportation, get off one stop early and walk the rest of the way.



Walk or bike to work, run errands, or visit friends. Or park in centralized location and walk to multiple areas.



Take a short walk during your lunch break, after dinner, or in place of a coffee break.



Add movement to TV time. Make a new rule: No sitting during commercials.



Stand up or walk around while talking on the phone or start having walking meetings.



Cleaning out the garage or attic is another way to be productive and active at the same time.



Take a short walk during your lunch break, after dinner, or in place of a coffee break.



Find ways to get more exercise from your current hobbies and activities.



Plan family outings that involve being active, like hiking, swimming, or outdoor games.