Week 12: Find Time for Fitness

What are some of the reasons we don't get 60 minutes of physical activity every day?

- To busy/not enough free time
- Don't enjoy being active

What are some ways to work around these barriers?

- Break physical activity into 10 to 15 minutes blocks and schedule them throughout your day
- Find an activity you enjoy
- Have an accountability person
- Think about how you feel after being active
- Use a fitness tracker/app to see real time progress

What are some ways to fit activity in your day?

- While you are out and about?
    - Walk or ride your bike
    - Park farther away from the door
    - Take the stairs instead of escalator or elevator
- While you are watching television?
    - Do a different exercise during each commercial break(there are 20 minutes of commercial in every 60 minutes of television programming)
    - March in place
    - Lift weights
- While you get things done?
    - Turn upbeat music on while you are doing chores-it will help you to move faster
    - Time yourself to see how quickly you complete each task