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## Moving More Throughout the Day

As a kid, I loved to play outside. I would build forts, go on adventures in the forest, have tea parties in a secret garden – we were always on the move. As an adult, I find myself sitting and working, sitting and driving, just sitting all the time. And I am not alone – the CDC says that in the United States, we have what is called a sedentary lifestyle, where most adults spend a lot of time sitting down. One way to combat that is to add small bits of activity throughout the day. You can:

- Park further away to add steps to your day
- take the stairs
- park and go inside instead of using the drive thru
- wash your car at home instead of the automatic wash
- walk with children after school

According to the American Heart Association, adults should get 2 ½ hours per week of moderate physical activity. Here are some tips from them about adult activity recommendations:

- Get at least **150 minutes per week** of moderate-intensity aerobic activity or 75 minutes per week of vigorous aerobic activity, or a combination of both, preferably spread throughout the week.
- Add moderate- to high-intensity muscle-strengthening activity (such as resistance or weights) on at least two days per week.
- Spend less time sitting. Even light-intensity activity can offset some of the risks of being sedentary.
- Gain even more benefits by being active at least 300 minutes (5 hours) per week.
- Increase amount and intensity gradually over time.

The recommendations for children varies by age:

- Children 3-5 years old should be physically active and have plenty of opportunities to move throughout the day.
- Kids 6-17 years old should get at least 60 minutes per day of moderate- to vigorous-intensity physical activity, mostly aerobic.
- Include vigorous-intensity activity on at least three days per week.
- Include muscle- and bone-strengthening (weight-bearing) activities on at least three days per week.
- Increase amount and intensity gradually over time.

Remember, check with a doctor before starting any new exercises. Choose to add more activity throughout your day in small increments – it all adds up. Don't let the absence of a 30-minute block of time stop you from getting your heart rate up – studies show that 5 to 10 minutes at a time, spread out throughout the day, are just as effective as a long block of exercise. Get out there and get moving!

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