

# Moving More for Busy People

Regular physical activity keeps your heart strong and your blood sugar at a healthy level. Being physically active lowers your risk for diabetes, heart problems, and high blood pressure.

Most adults need at least **30 minutes a day**, five days a week of moderate-intensity physical activity. Experts also recommend muscle-strengthening activity at least two days a week.

## How do I make time for physical activity?

You don't have to get your daily 30 minutes of activity all at one time. You can break it up into small chunks of time throughout your day and still get the same health benefits.

### Activate your day

- Park further away from the front door.
- Take short walks throughout the day.
- Take the stairs instead of the escalator or elevator.
- Meet friends or family members for a walk at a local park or walking path.
- Stay active while watching TV or talking on the phone – try lunges, moving in place, squats or even jumping jacks during commercial breaks.

### Make it fun!

- Start a walking competition with friends or family. See how many miles each person can walk in a month! If you're using a pedometer, one mile is about 2000 steps.
- Help your kids practice the sports they're involved in – you'll be active and they get to be the coach!

### Move more with everyday activities

When you're mowing the lawn, cleaning your house, or shoveling snow, you're also getting physical activity. Don't forget these tasks if you're tracking your physical activity!

### Stay on Track

Look for free mobile apps in the app store, such as My Fitness Pal and Lose It! These apps can track your physical activity and healthy eating, too.

### What are “moderate-intensity” activities?

Moderate-intensity activities include fast walking, easy bike riding, or shooting hoops. When doing a moderate-intensity activity you can talk, but not sing. If you're doing vigorous-intensity activity, you can't say more than a few words without pausing for a breath.

Vigorous-intensity activities include running/jogging, or a dance workout.

### Prevent Diabetes

Physical activity and a healthy diet are two of the most important steps you can take to prevent heart problems, diabetes, or high blood pressure. For more information about physical activity, visit: [www.mass.gov/massinmotion](http://www.mass.gov/massinmotion)

