

# HABIT 1: PHYSICAL ACTIVITY

Find a  
physical  
activity  
you enjoy,  
and just  
do it,  
every day.



**Goal:** Aim to be active for 30 minutes a day, five days a week, and log your results.

Physical activity and exercise can be a fun way to spend time. It gives you a chance to unwind, enjoy the outdoors or simply engage in activities that make you happy. Physical activity can also help you connect with family or friends in a fun social setting. Not only that, [exercise is the best medicine for your health](#), like taking your daily vitamins, which is why we begin our list of habits here. Find a physical activity you enjoy, and just do it, every day. Ideally, you'd strive for the following items:

**Sit less:** Not sure how much you are sitting throughout the day? [JustStand.org](#) has an online [sitting calculator](#) that you can use to evaluate how much you sit. This will allow you to adjust your daily routine for better health.

**Variety:** Include two or more types of physical activity in your fitness routine. There are a multitude of activities - such as walking, biking, swimming and group exercise classes - that can help prevent boredom and [overuse injuries](#).

**Pace yourself:** Take time to warm up before physical activity and cool down afterward. Also, keep in mind that as you age, you may need to consider ways to modify activities to suit your abilities. Remember to check with your doctor before

starting a new exercise program, especially if you have any health concerns.

**Buddy up:** Find an exercise buddy to decrease the odds of skipping that run or yoga session. The great part is that the relationship is usually mutually beneficial - each person keeps the other on track.

**Involve the family:** Turn sedentary social activities into opportunities for physical activity. Rather than watching a movie, go bowling, or play an active game like charades or Nintendo Wii Fit/Xbox-Kinect. Bundle up and play in the snow, rather than watching television.

**Take it outside:** Outdoor exercise is a great way to cure the "winter blues" during bouts of cold or gloomy weather. Exercise boosts your immune system, so you may find that you get fewer winter colds. However, make sure to take precautions to [be prepared for the cold weather](#).

**Bottom line:** Exercise and physical activity are a great way to feel better, gain health benefits and have fun. As a general goal, aim for at least 30 minutes of physical activity every day. If your goal is to lose weight or meet specific fitness goals, you will probably need to exercise more and/or increase the intensity of your workouts. Remember, ALL movement counts, not just exercise!