

Living Well Tip of the Week

The CDC recommends you get at least 150 min. of moderate-intensity aerobic exercise, or 75 min. of vigorous exercise, every week. But finding time to break a sweat after you've taken care of all your other responsibilities is a major challenge at best.

Tips to Incorporate Exercise Into Your Life

Park Far Away: If running errands takes up a sizable chunk of your time, turn that must-do into a chance for exercise.

Play With Your Kids: Your children need your attention and guidance to grow up happy, healthy and secure. They also need lots of play time. So instead of sitting and watching them during the next play date, get up and get involved.

Walk the Dog: Your dog needs exercise to feel relaxed and confident -- so do you. So get out and walk together.

Stand Up: If you can't escape from desk and office work, try to work a few extra steps into your day whenever possible. Pace back and forth when you're on the phone, or walk down the hall to confer with a colleague instead of sending an e-mail or picking up the phone.

Play: Exercise doesn't have to mean going to the gym. Try physical hobbies like line dancing, kayaking or martial arts. And instead of sitting down to watch television together for "family time," try taking a walk or playing a game of soccer in the backyard instead.

Learn more about programs and tools available at your institutions to help you add exercise into your life at www.livingwell.utsystem.edu/institutionprograms.htm for online resources go to our Living Well Health Manager* at www.webmdhealth.com/ut