

Physical Activity: More Than Just Intentional Exercise

When we think of physical activity, we often think of intentional exercise, like going to the gym or taking a fitness class. While intentional exercise is important for our health and well-being, it's not the only way to be physically active.

Here are some examples of how physical activity can be incorporated into your daily life:



- **Walking:** Walking is a simple and effective way to increase your physical activity level. You can walk to work, take a stroll after dinner, or go for a hike on the weekend.
- **Housework and Yard Work:** Activities like cleaning, gardening, and yardwork can all contribute to your daily physical activity.
- **Active Hobbies:** Engaging in hobbies like dancing, swimming, or cycling can be a fun way to increase your physical activity.
- **Active Transportation:** Walking or biking instead of driving can be a great way to incorporate physical activity into your daily routine.
- **Work Breaks:** Taking short breaks during work to stretch or take a quick walk can help increase physical activity levels and reduce sedentary time.
- **Playing with Kids or Pets:** Playing games or taking walks with kids or pets can be a fun way to get moving.



Remember, physical activity doesn't have to be intense or structured to be beneficial. Incorporating movement into your daily routine can help improve your overall health and well-being.

Talk to your provider or health coach to learn more about how to increase your physical activity level in a way that safely works for you.