



# Be Active 30 Minutes Daily

## CHALLENGE

Learn to sit less & move more

### Requirements to complete this HEALTH CHALLENGE™

1. Read "Be Active 30 Minutes Daily"
2. Be active for at least 30 minutes a day.
3. Keep a record of your completed health challenge in case your organization requires documentation.



There's something California-based lifestyle medicine expert Dr. Joe Raphael tells a lot of his patients...

"You know what you need to do, but you're just not doing it."

Ever heard that before?

If you're feeling a little squirmy right now, what exactly might be the THING you're not doing?

Being active...enough. If you're already crushing your daily steps goal and carving out time to exercise, keep up the good work.

But if you're not (only 23 percent of adults meet the minimum guidelines for physical activity<sup>1</sup>), chances are pretty good you know being more active is something you need to work on.

You know...go for a walk. Get to the gym. Watch less TV. If it's been on your mind, now is always the perfect time to start.

You don't need to do grueling workouts, run marathons, or train like a bodybuilder. But you can make simple changes to your day to exercise, get your steps in and improve your health.

Take the month-long health challenge to Be Active 30 Minutes Daily.

## Quiz: Hustle for Better Health

How much do you know about the health benefits of physical activity?



- |    | T                        | F                        |  |
|----|--------------------------|--------------------------|--|
| 1. | <input type="checkbox"/> | <input type="checkbox"/> | Exercising increases your metabolism during and after your workout.  |
| 2. | <input type="checkbox"/> | <input type="checkbox"/> | Regular physical activity improves bone density, which can prevent bone loss and fractures.                |
| 3. | <input type="checkbox"/> | <input type="checkbox"/> | Recording your exercise activity is a waste of time. It won't really help you lose weight or get in shape. |
| 4. | <input type="checkbox"/> | <input type="checkbox"/> | Only activities like lifting weights, running, or cycling count as exercise.                               |
| 5. | <input type="checkbox"/> | <input type="checkbox"/> | You must exercise at least 30 minutes at a time to achieve any health benefits from exercise.              |

How did you do? If you answered any of these statements incorrectly, take a little time to learn more about the benefits of physical activity. Then get moving. Everyone should be active at least 30 minutes a day. Several 10-minute sessions are just as effective as one longer period. There are many ways to exercise and be more active. And tracking your progress like steps per day, pounds lost, and minutes of exercise can help you achieve your wellness goals.

Answers: 1. True, 2. True, 3. False, 4. False, 5. False

## Struggling to Find Time to Be Active?

"I don't have time." It's usually one of the reasons patients give Dr. Joe for not being active enough. And it's pretty common.

Only about 53 percent of adults exercise for at least 30 minutes per day. The rest are active for about 17 minutes a day. And sometimes that's in really short sessions, like walking from the parking lot to the store.

Are you really too busy to be active 30 minutes a day? Maybe your schedule is packed with work, school, family, and other things. But take a closer look at how you spend your time.

- Can you fit in a walk, gym/home workout, or fitness class?
- Do you have 5 to 10 minutes of free time several times during the day?
- Can you get more steps per day without making big changes to your routine?

10 tips to make exercise a daily habit  
<http://tinyurl.com/ydawjjz4>