



SCALE BACK ALABAMA MOVE MORE

Adults should get 150 minutes of moderate-intensity aerobic physical activity, or 75 minutes of vigorous intensity physical activity each week. You can add physical activity to your day by decreasing television time, walking, rolling, or biking for errands. If you have trouble finding time for physical activity, try taking exercise breaks at work! Standing and walking in place for a few minutes every hour is a great way to get your blood flowing and to sneak in some physical activity. You can also take a walk during interval or lunch breaks and try parking your car further away from the door! Adding physical activity to your day can provide many health benefits and help with weight loss too!

Links:

Tips For Increasing Physical Activity At Work:

<https://www.mayoclinic.org/healthy-lifestyle/adult-health/in-depth/office-exercise/art-20047394?pg=1>

<http://www.sparkpeople.tv/video.asp?id=674>

<https://www.webmd.com/fitness-exercise/features/exercise-at-your-desk#1>

http://www.sparkpeople.com/resource/fitness_articles.asp?id=980

<https://www.youtube.com/watch?v=-DniwUTU7e4>

Recipe: Black Bean Burgers

<http://www.cookinglight.com/recipes/20-minute-black-bean-burgers>

Inclusion Tip:

Walking is one of the best, most available options for engaging in low-impact physical activity and has substantial health benefits. It is a wonderful starting point for reducing sedentary behaviors and a gateway to other forms of physical activity. Not everyone walks in the same manner. Some walk upright, others walk with limp or gait abnormality, and many use an assistive device such as a wheelchair, cane, or walker. By recognizing all the various ways to walk, we can utilize walking as a foundation for our move goals and enjoy the physical, mental and social benefits of it! Learn more about inclusion in walking at nchpad.org/howiwalk.

FAMILY MATTERS: Foster a love of lifelong physical activity in your kids by getting out and playing with them! Engaging your kids in physical activity is a great way to bond with them and keep them healthy! Plus, if you're having fun with your kids, getting your physical activity each day will feel less like work. Jumping rope, riding bikes, going for walks, dancing, and hiking are just a few examples of activities you can do with your kids. Choose something you both enjoy and get active, together!