



K-State Extension Connection

FOR IMMEDIATE RELEASE

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Easily Make Physical Activity Part of Your Day

Most of us have busy lives with lots of responsibilities. Many days find us just trying to survive let alone trying to find time to go to the gym or fitness center to get the physical activity that is so important to our health.

Be encouraged! Adding activity easily into your day is possible. Choose activities that you enjoy. Adults should aim for at least 2 ½ hours or 150 minutes of physical activity each week. But every little bit adds up, and doing something is better than nothing. Most importantly—have fun while being active.



To help include some health promoting physical activity into your day without a trip to the gym, consider trying some of these ideas from www.ChooseMyPlate.gov.

- 1. Take 10** – Do at least 10 minutes of activity at a time to reach your weekly goal. Walk the dog for 10 minutes before and after work and add a 10 minute walk at lunchtime.
- 2. Mix it up** – Start the week with a swim at the pool, take a yoga class during a weekday lunch, lift weights in the evening, and end the week by working in the garden.
- 3. Be ready anytime** – Keep comfortable clothes and walking or running shoes in the car and at the office.
- 4. Find ways to move** – Take a brisk walk around the parking lot, jog or ride your bike to the post office, take the stairs rather than the elevator. If you have an infant or toddler, take a long walk using the stroller and everyone gets some fresh air.

- 5. Work out during TV time** – Watch a movie while you jog on a treadmill or download a video on your phone and watch while you ride a stationary bike.
- 6. Be an active parent** – Instead of standing on the sidelines, walk up and down the soccer, football, or softball field while the kids play their game.
- 7. Find support** – Join a walking group, play wheelchair sports, practice martial arts, or sign up for an exercise class in your community. Recruit family or friends for support.
- 8. Enjoy the great outdoors** – Tumble in the leaves, build a snowman with the kids, plant and tend a flower garden. Visit a state or national park and spend time hiking, canoeing, or boating.
- 9. Look for wellness at work** – Find a softball, basketball, or volleyball team at your job. You can also take the lead by starting a wellness or exercise group in your office.
- 10. The chores count, too!** – Clean the house, wash the car, or mow the lawn with a push mower. Know that these activities count toward your goal of at least 150 minutes each week.

Another great way to have fun and improve your health is to join Walk Kansas, a K-State Research and Extension health initiative. Walk Kansas is an eight week, team-based program that will inspire you to lead a healthier life by being more active, making better nutrition choices and learning positive ways to deal with stress.

Walk Kansas 2020 runs from March 15 through May 9 and online registration is open now at www.walkkansasonline.org. You can also register or find more information at your local extension office. In Wildcat District, call 620-331-2690.

Find more information about these topics and others, by contacting the Wildcat Extension District offices at: Crawford County, 620-724-8233; Labette County, 620-784-5337; Montgomery County, 620-331-2690; Wilson County, 620-378-2167; Pittsburg Office, Expanded Food and Nutrition Education (EFNEP), 620-232-1930. Wildcat District Extension is on the Web at <http://www.wildcatdistrict.ksu.edu>. Or, like our Facebook page at www.facebook.com/wildcat.extension.district.

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