There are **1440** minutes in every day.

Schedule **30** of them for physical activity.

How?

- **Walk.** 10 min coffee break + 10 min after lunch + 10 min after dinner.
- **Stand.** You can expend 30-100 more calories/hour than sitting.
- **Socialize.** Join a fitness class. Play an outdoor team sport. Swap a coffee date for a walking date.

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