



# 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>



## 13 Creative Ways to Be More Active



Still wondering how you're going to fit 30 minutes of physical activity into your day? If you don't have time for a 30-minute workout, here are some easy and creative ways to be more active that don't require a formal workout or gym membership:

1. Take the stairs.
2. Host a walking meeting at work.
3. Walk to deliver a message to someone (instead of yelling, calling, or texting).
4. Use a stand-up desk.
5. Take the dog for a walk.
6. Exercise during commercials (jumping jacks, push-ups, sit-ups, squats).
7. Clean the house...FAST.
8. Play in a park (swingset, playground, games, sports).
9. Use your home exercise equipment (cycle, treadmill, weights).
10. Park far away when you go shopping to get extra steps.
11. Speed walk through the store when you shop.
12. Work in the yard.
13. Walk around when you're on the phone.

Now you know how to be more active, even if you're short on time. Carve out time for a 30-minute workout, or break it down into bite-sized sessions of physical activity. You'll feel better, be healthier and live longer.

### The Clock is Ticking...

Think about it like this. Everybody has the same 1,440 minutes in a day. Can you find time to spend just 30 minutes a day on being more active? It's worth the effort.

Research shows that people who are active at least 30 minutes a day are TWICE as likely to avoid:<sup>2</sup>

- Stroke
- Heart disease
- Diabetes
- Obesity
- Certain types of cancer

When you're active, you're also TWICE as likely to feel happier and live longer, than people who aren't.

### Take It For a Test Run: 10 Reasons to Be More Active

Still think 30 minutes is too much? If you don't have time for a gym workout or 30-minute walk, try being active in 5-minute sessions a few times a day. Take this for a test run and see how you feel. Research shows that physical activity can help:<sup>3</sup>

1. Improve sleep
2. Control weight
3. Improve strength and flexibility

4. Lower cholesterol
5. Improve heart health
6. Build stronger bones
7. Lower blood pressure
8. Boost mood
9. Reduce stress & anxiety
10. Lower body fat

### Favorite Workout? Do Your Thing in 30 Minutes

Aiming for at least 30 minutes of physical activity per day is the goal. But don't pick an activity you despise. You'll be miserable, and you won't want to keep doing it. The best workout is the one you'll actually do. Pick an activity you enjoy, and start moving. Try:

- Walking
- Swimming
- Cycling
- Running
- Hiking
- Dancing
- Yoga
- Gardening
- Weight Lifting
- Taking a Fitness Class

How to be active at home  
<https://tinyurl.com/ts6nman>

Track your activity level  
<https://tinyurl.com/3edbrjwm>

### References

1. Centers for Disease Control and Prevention. (2021). Exercise or physical activity. National Center for Health Statistics. From: <https://tinyurl.com/4zhehyx>
2. Gopinath, B., et al. (2018). Physical activity as a determinant of successful aging over ten years. *Scientific Reports*, 8:10522. From: <https://tinyurl.com/c3ed676x>
3. Nieman, D., et al. (2018). The compelling link between physical activity and the body's defense system. *Journal of Sport & Health Science*, 8(3), 201-217. From: <https://tinyurl.com/k55fxab5>



# Be Active 30 Minutes Daily

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& move more

### Instructions

1. Post this calendar where you will see it daily (bathroom, kitchen, bedroom, or add to your digital calendar).
2. Track your physical activity minutes for 30 days. Aim for 30 minutes daily.
3. Use the calendar to record your actions to be more active.
4. Review your progress at the end of each day, each week, and at the end of the month. Then keep up the practice for a lifetime of best health.

MONTH:							HC = Health Challenge™	ex. min. = exercise minutes
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	Weight & weekly summary	
HC [ ] ex. min. _____	HC [ ] ex. min. _____	HC [ ] ex. min. _____	HC [ ] ex. min. _____	HC [ ] ex. min. _____	HC [ ] ex. min. _____	HC [ ] ex. min. _____		
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\_\_\_\_\_ Number of days this month I was active  
 \_\_\_\_\_ Number of days this month I exercised at least 30 minutes

### Other wellness projects completed this month:

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Name \_\_\_\_\_ Date \_\_\_\_\_