

Get Your Daily Dose of Physical Activity



Most people know that exercise is a key part of a healthy lifestyle. For many people, finding time to exercise during the day can be a challenge – and it can be even more difficult for people who are often on the move.

But being active does not have to be as challenging as you may think. You can still get your daily dose of physical activity by incorporating exercise into your daily routine. Here are some tips to get you started:

Set goals that fit your fitness level

Goals that are over-ambitious can make you feel disappointed or discouraged. For instance, if you have recently started running, instead of signing up for a marathon, opt for a 5km race instead.

Know your body mass index (BMI)

BMI is a measure for indicating nutritional status in adults. It is calculated by dividing a person's weight in kilograms by the square of their height in meters (kg/m²).

For example: "An adult who weighs 70 kg and whose height is 1.75 m will have a BMI of 22.9".

According to the Centers for Disease Control and Prevention (CDC), BMI falls into one of the following categories.¹

BMI	Weight Status
Below 18.5	Underweight
18.5 – 24.9	Healthy Weight
25.0 – 29.9	Overweight
30.0 and Above	Obesity

Keep in mind that BMI is only a guide. It is not a tool to determine ideal body weight. It is a tool to help you see whether your weight is increasing your risk for disease. BMI does not work as well for people who are very muscular or those who have little muscle. A muscular person may have a high BMI but still have a healthy level of body fat.

A person with very little muscle may have a normal BMI but have unhealthy levels of body fat.

Kick-start your day with an energy boost

A simple morning exercise routine can help you feel great all day, and it will only take a few minutes of your time. To prepare your body for the day, begin your morning with some stretching and strength training such as shoulder rolls, torso twists, toe touches, planks and sit-ups.

Active commuting to work

If you live near your workplace, why not walk or cycle to the office? Sure, you might have to set aside shower time and wake up half an hour earlier, but you'll get to work feeling refreshed, invigorated and accomplished.

Stay active at work

If you sit at your desk for the majority of the day, think about simple actions you can take to make your days at work more active. Instead of taking the elevator, climb the stairs. Walk around every 30 minutes. An app or activity tracker can help you set reminders for moving throughout the day.

Walk more

This is a perfect way to start exercising. It requires no special equipment aside from a pair of comfortable walking shoes. Walking is a great fitness activity. Make it a habit to take a daily walk with family members, friends, co-workers, or pets.

Pick sports or activities that you enjoy and make them social

That way you will be motivated to do them and will also be more likely to keep them up. For example, take a dancing class with a friend or form a football group with colleagues from work. This will not only add fun to your exercise, but, by involving friends, you will stay motivated and you can be held accountable.

Evening exercise

After a day's work, the temptation to sprawl on the couch and watch TV is often strong; but this is your last chance of the day to burn some calories and

make progress towards your physique goals — so don't waste it. If you can't hit the gym for a quick session before going home, try spending your evening doing some household chores. And when you are finally in front of the TV, try walking on the spot or doing crunches while you watch your favorite show for some added exercise.

At the end of the day, no matter where you are, what time of day it is, or which activity you choose, the most important thing is to find time to exercise and stay active. Just a few minutes a day can contribute to both your short-term and long-term well-being.



1. Centers for Disease Control and Prevention (CDC), About Adult BMI, https://www.cdc.gov/healthyweight/assessing/bmi/adult_bmi/index.html
Interpreted Adults Last Reviewed June 3, 2022.

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