

# HOW TO INCORPORATE PHYSICAL ACTIVITY INTO YOUR DAY

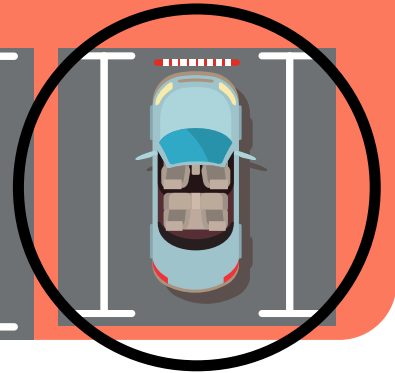
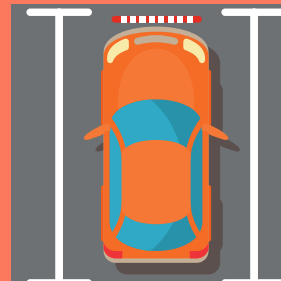
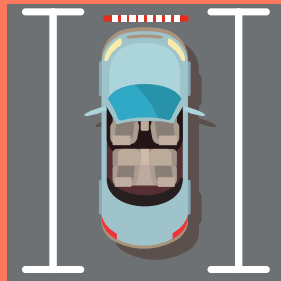
## TAKE THE STAIRS



## USE HOUSEHOLD ITEMS AS WEIGHTS



## PARK FARTHER AWAY



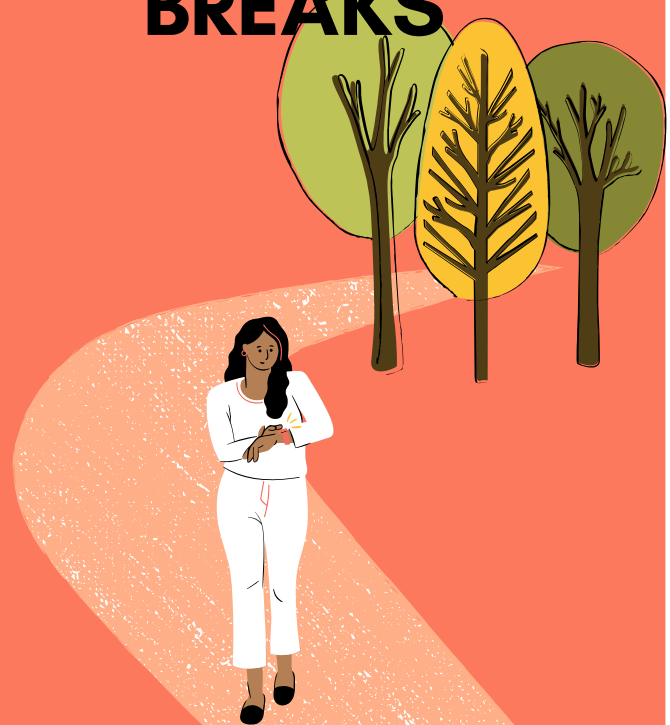
## EXERCISE IN 10 MINUTE INCREMENTS



## FIND EXERCISE VIDEOS ONLINE



## TAKE WALKING BREAKS



## MOVE DURING THE WORK DAY



# RESOURCES FOR PHYSICAL ACTIVITY

## 1. Find a park near you from Harford County Parks and Recreation

a. <https://www.harfordcountymd.gov/225/Parks-Recreation>

## 2. YouTube

a. There are videos on YouTube for all ages and needs! Try searching "bodyweight physical activity" or "physical activity with no equipment."

# WHY SHOULD I BE PHYSICALLY ACTIVE?

1. **Lowers risk of chronic diseases such as hypertension, type 2 diabetes, and heart disease.**
2. **Helps prevent weight gain.**
3. **Improves mental health and cognitive function.**
4. **Extends years of active life.**
5. **Reduces risk of falling.**

Source: CDC

# WHAT ARE THE PHYSICAL ACTIVITY GUIDELINES?

**Any physical activity is better than no physical activity, but here are the recommended guidelines for adults:**

- At least 150 minutes a week of moderate intensity activity (e.g. brisk walking). A helpful tip is to break it up throughout the day.
- At least 2 days a week of activities that strengthen muscles.
- Incorporating flexibility and balance activities.

Source: CDC



**HARFORD COUNTY**  
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