

There are 1,440 minutes  
in every day



## Schedule 30 of them for physical activity

Kids aren't the only ones who need recess. Adults do, too. Think about your schedule and look for opportunities to be more active.

Try doing physical activities while watching television, walking with a group on Saturday mornings, parking the car further away, and taking fitness breaks or doing desk exercises at work.

Take a sensible approach by starting out slowly. Choose moderate-intensity activities you enjoy, then gradually increase the length of time and intensity. Vary your physical activity, and always remember to reward yourself for your efforts.

**A half-hour each day can make a big difference in your health.  
Make every minute count with regular physical activity.**



**BlueCross BlueShield  
of Illinois**

Source: 2004 National Center for Chronic Disease  
Prevention and Health Promotion

41020.1206L