

# Healthy Habits



## Healthy Habit: Regular Physical Activity

Globally, one in four adults is not getting the recommended amount of exercise. Physical inactivity increases a person's risk of heart disease, stroke, type 2 diabetes, certain cancers, and early death. Making a habit of hitting the gym or even just getting active around the house is one of the most important things you can do for your health. The World Health Organization recommends adults aged 18-64 should perform **at least 150 minutes of moderate-intensity aerobic physical activity** throughout the week or perform at least 75 minutes of vigorous-intensity aerobic physical activity throughout the week or an equivalent combination of moderate- and vigorous-intensity activity. In addition, **muscle-strengthening activities (involving major muscle groups) should be performed on 2 or more days per week.**

If you're not sure where to get started, try rethinking some of your daily habits and make small changes to boost your physical activity, such as:

- Park your car in the back of the lot
- Hold a walking meeting with your colleagues
- March in place while talking on the phone
- Take the stairs instead of the elevator/escalator
- Meet friends for a hike instead of lunch/coffee
- Lift weights while watching TV
- Take a stroll down the hall instead of emailing a coworker
- Walk at the end of your lunchbreak instead of playing on your phone
- Use a push mower instead of a riding lawn mower
- Take the kids to the pool rather than the movie theater
- Bike to your destination instead of driving
- Set an alarm to remind you to get up and move every 30 minutes at work