



## Simple tricks for staying active

You know exercise is good for you. But when your to-do list is a mile long, it can be easy to write off your workouts. To get back on track, focus on simple ways you can move more, more often.

### Find your fit

Staying active is easier when your workouts don't feel like work. Maybe treadmills and barbells aren't your thing. But what about dancing? Shooting hoops? Walking on a sunny day? (Psssst! That's exercise!)

### Divide and conquer

Exercise adds up. So if you don't have a solid 30 minutes to spare, break it up into 10-minute bursts of activity, 3 times a day instead. The health benefits are the same – your body can't tell the difference.

### Make commuting your cardio

Walk or bike to your job for a workout that's built into your workday. If that's not an option, park farther away – or get off the bus or train a few stops early – and walk the rest of the way.

### READY TO GET MOVING?

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