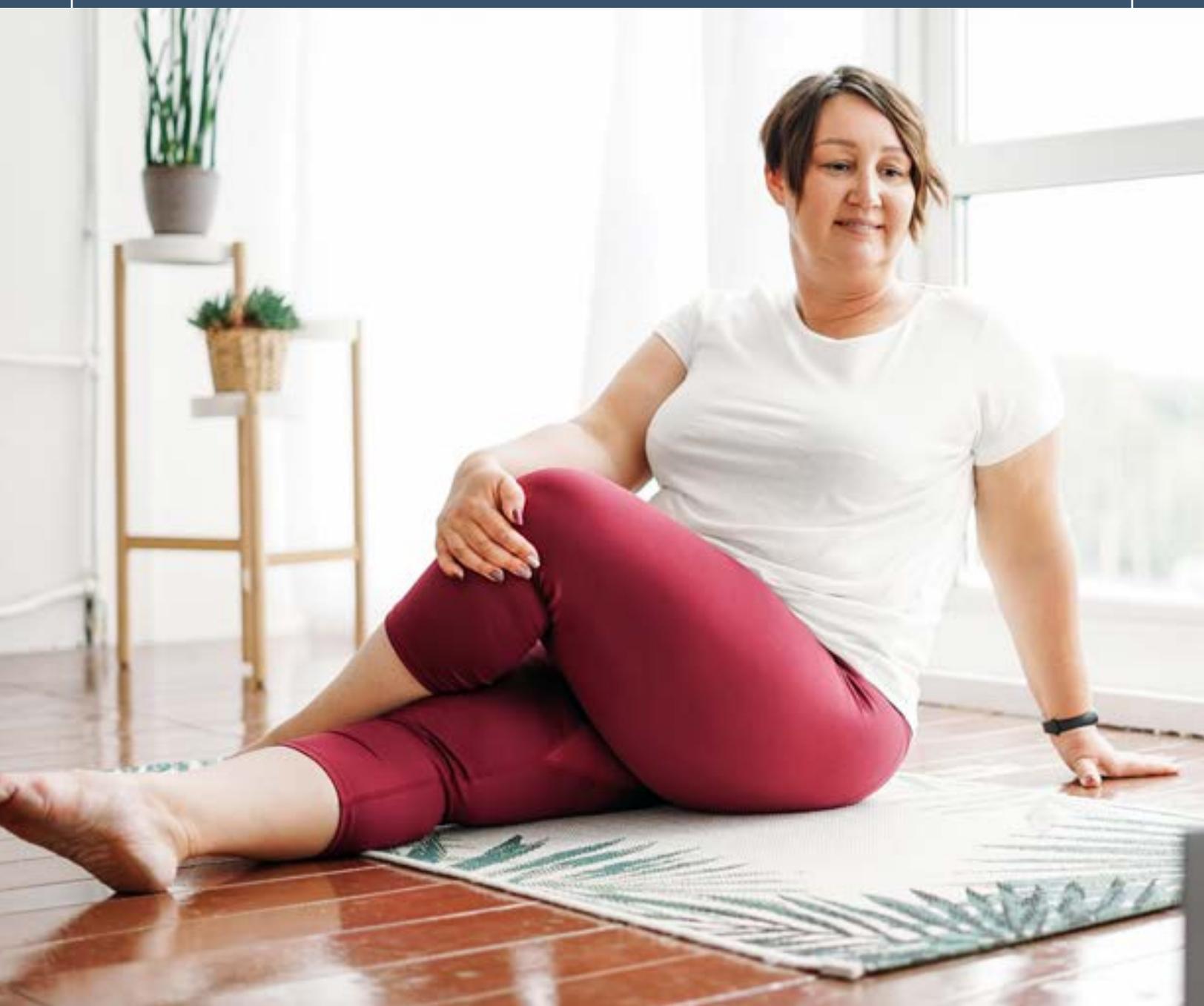




# Module 21: Find Time for Physical Activity

Participant Guide



# Session Focus



It can be challenging to fit in at least 150 minutes of physical activity each week.

## In this session, we will talk about:

- Some benefits of being active
- Challenges of fitting in physical activity
- How to find time for physical activity

## You will also make a new action plan!

### Tips:

- ✓ Change your schedule. For instance, wake up 30 minutes earlier so you can take a morning walk or eat dinner 30 minutes earlier so you can take a walk after you eat.
- ✓ Ask family and friends to pitch in with household tasks so you have more time to be active.
- ✓ If you have a disability, bring a friend to be active with you who can assist if needed.
- ✓ Go on a walk during your lunch break at work.
- ✓ Make being active a family event and include children in the physical activity.



# The Challenge of Fitting In Physical Activity



## Mark's Story—Part 1

Mark is at risk for type 2 diabetes. His doctor asks him to get at least 150 minutes of physical activity each week at a moderate pace or more. But Mark is a busy guy.

On weekdays, Mark takes care of his grandkids while their parents are at work. On the weekend, he works at the library. In the evening, he likes to relax by watching TV.

Mark is having trouble finding time to reach his physical activity goal.

# The Challenge of Fitting In Physical Activity

## Fitting in Physical Activity

Brainstorm with your group. What are some ways that Mark can fit physical activity into his daily schedule?

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## Mark's Story—Part 2

Mark decides to make some changes. These days, he gets up 30 minutes earlier so he can take a morning walk. He lifts weights or marches in place while he watches TV. He also plays soccer with his grandkids. It's great exercise for all of them. Plus, it's fun.

Mark is finally reaching his activity goal.

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# How To Find Time for Physical Activity



## Tips for Fitting In Physical Activity

It can be challenging to find time in your daily life to reach your physical activity goal. Think about specific times during your day when you can add physical activity into your routine. Start with the following tips and check off each tip you try. Note which ones worked for you, which ones did not, and why. You can add your own ideas too.

# How To Find Time for Physical Activity

## Fit in Physical Activity Anytime

- Break your 150 minutes into 10-minute chunks.
- Schedule it. Put it on your calendar and make it a priority.
- Change your schedule. For instance, wake up 30 minutes earlier so you can walk before work. Or, eat dinner 30 minutes earlier so you can walk after you eat.
- Use a fitness app or tracker. These help you make the most of your time.
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## While Shopping

- Park your car farther away.
- Carry a basket instead of pushing a cart.
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## While Getting Around Town

- Get off the bus or train one stop early.
- Walk briskly.
- Ride your bike.
- Take the stairs instead of the elevator.
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## While You Watch TV

- Dance.
- Lift weights.
- March in place.
- Pedal a stationary bike or walk on a treadmill.
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# How To Find Time for Physical Activity

## While Doing Tasks or Chores

- Put on some music and dance.
- Walk the dog longer or faster.
- Mow your lawn with a push mower.
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## While You Socialize

- Join a walking club.
- Take a fitness class.
- Talk on the phone with a friend while you march in place, walk, or climb stairs.
- Walk with a family member or friend.
- Go out dancing with your friend or partner.
- Play soccer, tag, or kickball with your kids or grandkids.
- Push your child or grandchild in a stroller.
- If you have a disability, join look for group programs that include people with disabilities.
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## At Work

- Join a nearby gym.
- Take a brisk walk during your lunch break.
- Take part in a fitness program at work.
- Walk around or march in place while you talk on the phone.
- Ask your coworkers to hold standup meetings.
- Sit on an exercise ball instead of a chair.
- Talk to coworkers in person instead of emailing them.
- Use a copy machine on the other side of the building.
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