



# 5 WAYS

## TO INCORPORATE MORE PHYSICAL ACTIVITY

Being physically active 150 minutes a week (or 30 minutes a day) promotes good health. Not only can it help support a healthy weight, but it can also reduce the risk of chronic illnesses, such as hypertension and heart disease. Fortunately, there are several ways to incorporate physical activity. Here are five budget-friendly ways to make physical activity a part of your week.



Walk a dog at least once a day.



Check out or download fitness videos from the local public library or an online source.



Join a fitness class at a local community recreation center.



Sign up for an intramural sport (e.g., soccer, tennis, or football) at a local college or university.



Use fitness apps on a smart device to workout at home, a local park, or other preferred locations.

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