

# Focus on Fitness Month

HEALTHY TIP SHEET - MAY



## Want More Information?

Visit [www.BlueHealthAdvantageNE.com](http://www.BlueHealthAdvantageNE.com) for additional health and wellness information and to take the Monthly Health Challenge – Be Active 30 Minutes a Day

## Be Active Throughout the Day

If you don't have 30 minutes to commit to a workout, you can exercise and be active throughout the day. Any exercise is better than no exercise.

Here are just a few ways to be more active:

### At Work

- Take the stairs.
- Hold a meeting with co-workers while taking a walk.

### At Home

- Walk your dog instead of paying someone to do it for you.
- Stand up and jog in place or do push-ups or curl-ups during TV commercials.
- Complete all your household chores as fast as you can.

### On the Go

- Instead of looking for the closest spot, park far away when you go to the store.
- Lift your gallon of milk or laundry detergent a few times before you put it in your shopping cart.