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# Get Your 30 Minutes In

MAY 23RD 2012 BY AMY ELLINGHOUSE

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## *Ways to make physical activity fun!*

There are many different ways to incorporate physical activity into your daily life. Consider some of these ideas to help you get started:

- Take a Class: Take yoga, spin, or aerobics class or any other group exercise class at your local gym or community center.
- Get Some Fresh Air: Walk a mile with your dog, your partner or have some quiet time by yourself.
- Play often: Take your kids/grandchildren to the park and run around with them.
- Hire a Trainer: Hire a personal trainer for a session. They can show you beneficial exercises and correct form.
- Track your activity: Keep a log of your weekly activities. This will motivate you as you see yourself walking further and your exercise times increase.
- Join a League: Get some friends together and join an adult league in the sport/activity of your choice.

For more tips and ideas, visit [www.nhlbi.nih.gov](http://www.nhlbi.nih.gov).

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