

JUNE 2019

## Little Bursts of Activity Add Up Every Day

*aim for 150 minutes  
of exercise each week.*

**Whenever you think about it**, why not grab a few minutes of physical activity — at home or during work breaks? You can apply every 10-minute burst of exercise toward the standard **weekly exercise goal: 150 minutes of moderate-intensity activity.**

**What to do?** Cardio activities get your heart pumping. Strength training challenges your muscles. Stretching aids flexibility and helps control daily stress and tension.

Think of daily exercise  
as  
**recess.**

