



Get Fit in 30 Minutes

Be active 30 minutes daily

Requirements to complete this HEALTH CHALLENGE™:

1. Read "Get Fit in 30 Minutes"
2. Create a plan to be active for at least 30 minutes a day.
3. Keep a record of your completed health challenge in case your organization requires documentation.

At 3:17 p.m., Danielle checked her phone...only 1,438 steps so far. Seriously?

She'd been at her desk since 8 a.m., powering through emails, back-to-back meetings, and a working lunch. Her shoulders were tight, her back ached, and her brain felt foggy.

Sound familiar? If you're already crushing your daily steps goal and carving out time to exercise, keep up the good work.

But if you're not (only 23 percent of adults meet the minimum guidelines for physical activity¹),

Only **23%** of adults meet the minimum guidelines for physical activity



chances are pretty good you know being more active something you need to work on.

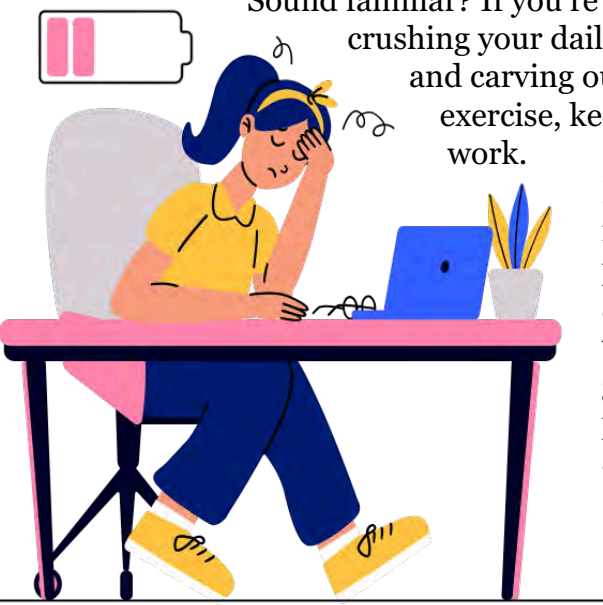
You know...go for a walk. Get to the gym. Watch less TV.

If it's been on your mind, now is always the perfect time to start.

You don't need to do grueling workouts, run marathons, or train like a bodybuilder. But you can make simple changes to your day to exercise, get your steps in and improve your health.

Take the month-long health challenge to **Get Fit in 30 Minutes.**

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The Centers for Disease Control and Prevention recommends all adults get 20 to 30 minutes of moderate exercise per day.

Too Busy to Move?

30 minutes of daily exercise can improve your health & prevent disease

“I don’t have time.” It’s one of the most common reasons people give for skipping exercise.

Been there? Done that?

Between work, school, family, errands, and everything else life throws at you, finding time to be active can feel like one more thing on a never-ending to-do list.

✓ **But here’s the reality:** Only about half of adults get 30 minutes of exercise per day.

✓ **The rest?** They average just 17 minutes, and often in tiny bursts, like walking to the car or pacing on a phone call.

Think about your own daily schedule...

Are you really too busy to fit in 30 minutes of movement?



Quiz: Fit For Life?

How much do you know about the health benefits of regular physical activity? Take the quiz to find out.

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1. ☐ ☐ Exercising increases your metabolism during and after your workout.
2. ☐ ☐ Regular physical activity improves bone density, which can prevent bone loss and fractures.
3. ☐ ☐ Recording your exercise activity is a waste of time. It won’t really help you lose weight or get in shape.
4. ☐ ☐ Only activities like lifting weights, running, or cycling count as exercise.
5. ☐ ☐ You must exercise at least 30 minutes at a time to achieve any health benefits from exercise.

How did you do? Check your answers below. Then get moving.

Everyone should be active at least 20-30 minutes a day. Several 10-minute sessions are just as effective as one longer period.

And there are many ways to exercise and be more active. All you have to do is take the first step.

Answers: 1. True. 2. True. 3. True. 4. False. 5. False



Take a closer look at how you spend your time.

- ✓ Could you fit in a short walk, quick home workout, or fitness class?
- ✓ Do you have a few 5- or 10-minute breaks scattered throughout the day?
- ✓ Can you sneak in more steps without completely overhauling your routine?

Chances are, the time is there, you just need to make movement a priority.

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The 30-Minute Prevention Plan



30 minutes of daily activity can improve your mood & your health

Think about it like this. Everybody has the same 1,440 minutes in a day.

Can you find time to spend just 30 minutes a day on being more active?

It's worth the effort. And it doesn't even have to be done all at once.

Research shows that people who are **active at least 30 minutes a day** are **TWICE** as likely to avoid:²

- ❌ Stroke
- ❌ Heart disease
- ❌ Diabetes
- ❌ Obesity
- ❌ Certain types of cancer



When you're active, you're also **TWICE** as likely to feel happier and live longer, than people who aren't.

Take It For a Test Run: 10 Reasons to Be More Active

Still think 30 minutes is too much?

If you don't have time for a gym workout or 30-minute walk, try being active in 5-minute sessions a few times a day.

Take this for a test run and see how you feel.

Research shows that physical activity can help:³

1. Improve sleep
2. Control weight
3. Improve strength and flexibility
4. Lower cholesterol
5. Improve heart health
6. Build stronger bones
7. Lower blood pressure
8. Boost mood
9. Reduce stress & anxiety
10. Lower body fat



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Favorite Workout?

*Do your thing
in 30 minutes*



You can improve your health in just 30 minutes a day. Pick your favorite form of exercise and get started.

Aiming for at least 30 minutes of physical activity per day is the goal.

But don't pick an activity you despise.

Why? You'll be miserable, and you won't want to keep doing it.

The best workout is the one you'll actually do.

Pick an activity you enjoy, and start moving. Try:

- **Walking** around the block or at the office
- **Swimming** in a pool, lake, or the ocean.
- **Cycling** on the road or a stationary bike
- **Running** in your neighborhood, on a track or in a race
- **Hiking** your favorite trails near your home or when you're on vacation

- **Dancing** with your partner, family or friends.
- **Doing yoga** with your favorite instructor or follow-along video
- **Gardening** at home, in a community garden or helping a friend
- **Weight lifting** at home or in the gym, or bodyweight exercises.
- **Taking a fitness class** in the gym or following along online.



Get Moving: 13 Simple Ways to Be More Active

Still wondering how you're going to fit 30 minutes of physical activity into your day?

If you don't have time for a 30-minute workout, here are some simple ways to be more active that don't require a formal workout or gym membership:

1. **Take the stairs** at the office, hotel, airport or store.

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Get Fit in 30 Minutes

10 tips to make exercise a daily habit

<http://tinyurl.com/ydawjjz4>

Track your activity level

<https://tinyurl.com/3edbrjwm>

How to be active at home

<https://tinyurl.com/ts6nman>



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2. Host a walking meeting at work.

3. Walk to deliver a message to someone in person (instead of yelling, calling, or texting).

4. Use a stand-up desk at home or the office.

5. Take the dog for a walk in the park or around your neighborhood.

6. Exercise during commercials (jumping jacks, push-ups, sit-ups, squats).

7. Clean the house...FAST.

8. Play at a park (swing set, playground, games, sports).

9. Use your home exercise equipment (cycle, treadmill,

weights).

10. Park far away when you go shopping to get extra steps.

11. Speed walk through the store when you shop.

12. Work in the yard (gardening, mowing the lawn, raking leaves).

13. Walk around when you're on the phone.

Now you know how to be more active, even if you're short on time.

Carve out time for a 30-minute workout, or break it down into bite-sized sessions of physical activity.

You'll feel better, be healthier and live longer.



References

1. Centers for Disease Control and Prevention. (2024). Exercise or physical activity. National Center for Health Statistics. From: <https://tinyurl.com/4zhehryx>

2. Gopinath, B., et al. (2018). Physical activity as a determinant of successful aging over ten years. Scientific Reports, 8:10522. From: <https://tinyurl.com/c3ed676x>

3. Nieman, D., et al. (2019). The compelling link between physical activity and the body's defense system. Journal of Sport & Health Science, 8(3), 201-217. From: <https://tinyurl.com/yc45upy3>

Get Fit in 30 Minutes Challenge

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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	NOTES
HC ■	HC ■	HC ■	HC ■	HC ■	HC ■	HC ■	
ex. min. ____	ex. min. ____	ex. min. ____	ex. min. ____	ex. min. ____	ex. min. ____	ex. min. ____	
HC ■	HC ■	HC ■	HC ■	HC ■	HC ■	HC ■	
ex. min. ____	ex. min. ____	ex. min. ____	ex. min. ____	ex. min. ____	ex. min. ____	ex. min. ____	
HC ■	HC ■	HC ■	HC ■	HC ■	HC ■	HC ■	
ex. min. ____	ex. min. ____	ex. min. ____	ex. min. ____	ex. min. ____	ex. min. ____	ex. min. ____	
HC ■	HC ■	HC ■	HC ■	HC ■	HC ■	HC ■	
ex. min. ____	ex. min. ____	ex. min. ____	ex. min. ____	ex. min. ____	ex. min. ____	ex. min. ____	
HC ■	HC ■	HC ■	HC ■	HC ■	HC ■	HC ■	
ex. min. ____	ex. min. ____	ex. min. ____	ex. min. ____	ex. min. ____	ex. min. ____	ex. min. ____	

_____ Number of days this month I was active.

_____ Number of days this month I exercised at least 30 minutes

Other wellness projects completed this month:

NAME _____ **DATE** _____