



National Physical Fitness and Sports Month

During May Physical Fitness Month, challenge yourself to increase your physical activity by 30 minutes each day. Why? Some [benefits](#) include:

- Promoting weight loss.
- Improving physical resiliency.
- Reducing or preventing chronic diseases, such as heart disease.
- Improving quality sleep patterns.

Given the health benefits of regular physical activity, you might wonder why Americans perform little to no physical activity. Lack of time is a common barrier for most individuals who are not physically active. There are many ways to increase your personal exercise time.



(U.S. Navy photo by Petty Officer 2nd Class Justin Pacheco)

Making More Time for Physical Activity:

- Identify available time slots. Monitor your daily activities for one week and identify at least five 30-minute time slots you could use for activity.
- Add physical activity to your daily routine. For example, walk or ride your bike to work or to go shopping, organize school activities around physical activity, walk the dog, take the stairs, exercise while you watch TV and park farther away from your destination.
- Select activities, such as [walking](#), jogging or stair climbing, that you can do based on the time you have available (e.g., five minutes, 10 minutes, 20 minutes).
- Take advantage of [physical activity](#) facilities and programs. Hold walking meetings and conference calls if possible. During phone calls try to stand, stretch or move and walk around some, if possible.