

add exercise to your to-do list

Trying to juggle work, family, friends and household responsibilities can be challenging, to say the least. For many of us, there just doesn't seem to be enough time in a day for all that and exercise, too. It's time to put your health first. Be flexible. And make fitness a lifestyle choice.

Here are some tips to help you work physical activity into your daily routine. Remember, every activity counts.

**Get up. Get out.
Get active.**

- **Wake up early.** Set the alarm 30 minutes earlier than you normally would and use the extra time to walk around the neighborhood or on your treadmill.
- **Make those chores count.** Mop the floor or scrub the bathtub at a pace fast enough to get your heart pumping. Prefer to be outdoors? Mow the lawn, rake the leaves or shovel snow to burn calories and strengthen your arms and back.
- **Be active while watching TV.** Use hand weights, ride a stationary bike or do a stretching routine during your favorite shows.
- **Involve the whole family.** Take group walks before or after dinner. Play catch. Or ride your bikes. It's best to build up to about 30 minutes of continuous activity, but you can exercise in shorter bursts, too.
- **Take fitness breaks.** Rather than hanging out in the lounge with coffee or a snack, take a short walk around your office building or nearby trails and parks.
- **Put it on the calendar.** Schedule physical activity as you would any other appointment during the day.
- **Get social.** Try a dance club, hiking group or golf league. Encouragement from others can help you stick with a new activity.
- **Join a team.** Sign up for a softball, soccer or volleyball team through your local parks and recreation department. Making a commitment to a team is a great motivator.

Source: Mayo Clinic www.mayoclinic.com/health/fitness/HQ01217_D

The registered service mark "Cigna" and the "Tree of Life" logo are owned by Cigna Intellectual Property, Inc., licensed for use by Cigna Corporation and its operating subsidiaries. All products and services are provided by and through such operating subsidiaries and not by Cigna Corporation. Such operating subsidiaries include Connecticut General Life Insurance Company, Cigna Health and Life Insurance Company, Cigna Health Management, Inc. and Cigna Behavioral Health, Inc. All models are used for illustrative purposes only.

