

Fitness: Moving More

No matter what your size or shape, being active makes you feel better.

It gives you energy to do other things, helps you sleep better, and helps you live longer.

And really it starts with moving more and sitting less throughout the day.

You can choose almost anything, like walking, running, biking, swimming, and paddling.

Working in the yard, such as raking or pushing a lawn mower, and dancing count too.

It's best when it's something you like to do.

Adding activity shouldn't be a chore or feel like punishment.

It should be fun.

So choose an activity that you enjoy.

And mix it up!

Feel free to get your exercise in different kinds of ways.

When you do things you enjoy and keep them fresh, you're more likely to keep moving.