

# Let's Get Physical

*Nutrition Notes by Natalie*

Just tonight I took a stroll after work with my children. There's something about getting outdoors in this weather that places me at peace and helps relieve the stress of a busy day. I love to listen to the birds chirping, the sound of leaves rustling in the wind, and even the sound of cars driving by giving a friendly wave as they pass. It's not always possible to get outside for a walk but the weather sure has been just about perfect for it. You see, although I usually talk about food and nutrition, being physically active is a big part of the overall picture of health. Did you know that adults should get about 150 minutes of moderate activity every week? That may sound like an overwhelming task, but I would like to show you just how simple, and fun, it really can be.

So, let's break this down...are you someone that is physically active 7 days a week? If so, you really only need to do about 21 minutes of a particular activity per day to meet your target. Need a weekend off? No problem, you should aim for about 30 minutes per day, Monday through Friday. Sound daunting? Well, it can be, but let's talk about some activities that may make the time fly by.

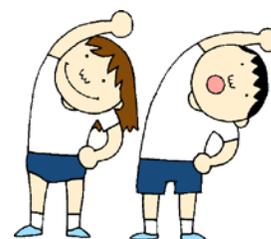
First and foremost, do you like to be outdoors or inside? As the weather warms up, going outside might not be an option unless we are willing to go early in the morning or in the late evening. But, if those times of day appeal to you, try going for a walk, a swim, play some golf, or even sharpen your archery skills. If you want to get even more creative, you could try playing badminton, kayaking, hiking, or even fencing. If none of this sounds like you, maybe you like to scuba dive, play tennis or racquetball, or even jump rope! If you're not much into these activities, no worries, mowing the lawn, raking, planting trees or a garden, carrying or stacking wood all count as physical activity too.

If the great outdoors is not the place for you, try some indoor activities like vacuuming, cleaning your windows, and even ice or roller skating. You could also just hit the gym or local yoga studio. Still, not peaking your interest? That's ok, I am full of ideas!

If planned physical activities are not in your time management budget, try to break up your physically active time by taking the stairs instead of the elevator wherever you go. Maybe try to park further out in the parking lot at the grocery store. Go to a mall on a hot day and walk around. Or take a quick walk around the block after each meal. Even those quick spurts of activity add up! Experts say the most important thing to do is to limit the amount of time you spend sitting for extended periods.

Other suggestions to ensure you keep active are to schedule activities daily on your calendar. For instance, yoga on Mondays, walking on Tuesday, gardening on Wednesday, swimming on Thursday, and tennis on Friday. Repeat or switch it up. If you like, wear a pedometer so you can track your daily steps and remind yourself that you need to get moving. I know a lot of people that challenge themselves to beat their step count, even if just by one or two every day.

Whatever you decide to do, have some fun with it and make it a daily habit. Rome wasn't built in a day, and if you haven't invested in your physical health in a while you probably should take it slow and ease into it. Start with a couple of days a week for short spurts of time and then every couple of weeks add an extra day in until you finally reach your end goal. As you probably already know exercise and activity are not only good for your body, but also for your mind. So whether you decide to join a gym, or just hit the pavement, see if you can get a friend to join in on the fun. Having an accountability partner can help you stay on track. If you prefer to fly solo, that's ok too, but I would recommend keeping a log of your daily activities to help keep you on track and to showcase your hard work. You will never regret the investment you make in your physical health today!



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