



Move more, more often

You know exercise is good for you. But when your to-do list is a mile long, it can be easy to write off your workouts. To get back on track, follow these simple tricks to stay active.

Do it your way

Staying active is easier when your workouts don't feel like work. Maybe treadmills and barbells aren't your thing. But what about dancing? Shooting hoops? Taking a walk on a sunny day? (Psssst! That's exercise!)

Divide and conquer

Exercise adds up. So if you don't have a solid 30 minutes to spare, break it up into 10-minute bursts of activity, 3 times a day. The health benefits are the same – your body can't tell the difference.

Keep workout gear near

You never know when you'll find extra time for a workout. Stash running shoes, a bike helmet, or whatever else you need to get moving in your car or at the office – so you never have an excuse to stay put.

Visit kp.org/fitness.

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