



## Simple tricks for staying active

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, focus on simple ways you can move more, more often.

### Find your fit

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? Walking 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 instead. The health benefits are the same – your body can't tell the difference.

### Make commuting your cardio

Walk or bike to your job for a workout that's built into your workday. If that's not an option, park farther away – or get off the bus or train a few stops early – and walk the rest of the way.

### READY TO GET MOVING?

Visit [kp.org/fitness](http://kp.org/fitness) and follow us [@kpthrive](https://twitter.com/kpthrive).



Services covered under a Kaiser Permanente health plan are provided and/or arranged by Kaiser Permanente health plans: Kaiser Foundation Health Plan, Inc., in Northern and Southern California and Hawaii • Kaiser Foundation Health Plan of Colorado • Kaiser Foundation Health Plan of Georgia, Inc., Nine Piedmont Center, 3495 Piedmont Road NE, Atlanta, GA 30305, 404-364-7000 • Kaiser Foundation Health Plan of the Mid-Atlantic States, Inc., in Maryland, Virginia, and Washington, D.C., 2101 E. Jefferson St., Rockville, MD 20852 • Kaiser Foundation Health Plan of the Northwest, 500 NE Multnomah St., Suite 100, Portland, OR 97232 • Kaiser Foundation Health Plan of Washington or Kaiser Foundation Health Plan of Washington Options, Inc., 601 Union St., Suite 3100, Seattle, WA 98101 • Self-insured plans are administered by Kaiser Permanente Insurance Company, One Kaiser Plaza, Oakland, CA 94612



## 3 ways to up your fitness game

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, focus on simple ways you can move more, more often.

### Find your fit

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? Walking 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 instead. The health benefits are the same – your body can't tell the difference.

### Make commuting your cardio

Walk or bike to your job for a workout that's built into your workday. If that's not an option, park farther away – or get off the bus or train a few stops early – and walk the rest of the way.

### READY TO GET MOVING?

Visit [kp.org/fitness](http://kp.org/fitness) and follow us [@kpthrive](https://twitter.com/kpthrive).



Services covered under a Kaiser Permanente health plan are provided and/or arranged by Kaiser Permanente health plans: Kaiser Foundation Health Plan, Inc., in Northern and Southern California and Hawaii • Kaiser Foundation Health Plan of Colorado • Kaiser Foundation Health Plan of Georgia, Inc., Nine Piedmont Center, 3495 Piedmont Road NE, Atlanta, GA 30305, 404-364-7000 • Kaiser Foundation Health Plan of the Mid-Atlantic States, Inc., in Maryland, Virginia, and Washington, D.C., 2101 E. Jefferson St., Rockville, MD 20852 • Kaiser Foundation Health Plan of the Northwest, 500 NE Multnomah St., Suite 100, Portland, OR 97232 • Kaiser Foundation Health Plan of Washington or Kaiser Foundation Health Plan of Washington Options, Inc., 601 Union St., Suite 3100, Seattle, WA 98101 • Self-insured plans are administered by Kaiser Permanente Insurance Company, One Kaiser Plaza, Oakland, CA 94612