

GOAL COUPON 13: TAKE A 10-15 MINUTE ACTIVITY BREAK

Recommended 30-60 minutes of regular exercise does not need to be all at one time. If you have difficulty getting in the exercise time all at once, or if you just want to add even more activity into your schedule, break up your activity into 10-minute breaks.

Take activity breaks instead of coffee breaks. Encourage others to walk around the block with you.

If your children spend too much time on the computer, take a 10-minute activity break for each hour of computer time.

Picking up the mail? Don't turn around at the mailbox, but keep going down the road for a 10-minute activity break.

If you feel stressed, de-stress with a yoga tape. Yoga tapes are available in 10-15 minute invigorating morning routines as well as calming evening routines.

Build a quick 10-minute snowman or snowgal with your kids - if you live in a region with snow!

See how many different 10-minute bicycle or walking routes you can take around your neighborhood.

GOAL 13

If you are not exercising, add **3 10-minute** activity breaks during the day. If you are exercising, add at least **1 10-minute** activity break during the day to increase your exercise time.



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