

City of Bloomington, Division of Public Health

New year, new you tip #2: Incorporate physical activity into your daily routine to feel good, look good, perform well and avoid chronic disease.

January, 2015 – Physical activity is one of the best and most important things you can do for your health . . . if you do it regularly.

Benefits of physical activity

- Controlling your weight
- Combating health conditions and diseases
- Improving mood
- Boosting energy
- Sleeping better
- Having more fun



Make physical activity regular by making it enjoyable and easy

- Aim for at least 30 minutes of physical activity every day.
- Make sure to do at least 10 minutes of activity at a time, shorter bursts of activity will not have the same health benefits.
- Here are some suggestions:
 - Do stretches, exercises, or pedal a stationary bike while watching television.
 - Plant and care for a vegetable or flower garden.
 - Walk, skate, or cycle more and drive less.
 - Combine physical activity with your chores or errands e.g. walk to the grocery store.
 - Get off the bus or park farther away from your destination and walk the rest of the way.
 - Go for a 10-minute walk break instead of a 10-minute coffee break at work.
 - Take a class in martial arts, dance or yoga.
 - Take part in an exercise program at work or a nearby gym.
 - To be ready anytime, keep some comfortable clothes and a pair of walking or running shoes in the car and at the office.
 - Enlist a friend or family member to join you for a walk or exercise class. Exercising with a partner helps keep you motivated and it's more fun.

What Public Health does for you

Community members who participated in our 2013 health assessment survey chose nutrition, obesity and physical activity as a top-ten health issue.

Helping to make physical activity easier in our community is something we do to make healthy living easier for everyone, and it makes our community a wonderful place to live.

Bloomington Public Health partners with other City divisions and community organizations to make it easier for everyone to be physically active. For example, we support active transportation, Complete Streets, bike trails and Safe Routes to School.

For more information, contact: Bloomington Public Health Division | 1900 West Old Shakopee Road, Bloomington, MN 55431 | PH: 952-563-8900 V/TTY | *Office hours:* Monday - Friday, 8 a.m. - 4:30 p.m. *Interpreters and transportation information are available upon request.*