



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 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