

## **Don't Stop**

We've all heard that consistent physical activity is a key component of a healthy lifestyle. But between careers, raising a family and maintaining sanity, how do we find time for 30 minutes of physical fitness for the whole family?

First step is to pull the whole family in to make decisions about your physical activity, reinforcing healthy and lifelong decision making abilities in your children. With your family's weekly schedule on-hand, make a chart of where to insert fun fitness activities. Put this on the wall in a place where the whole family can see it, such as the refrigerator door.

Simple changes can also affect your daily dose of physical activity. Try parking your car a few spaces farther from the front of the store or take the stairs instead of the elevator. As the weather warms up, take a nice walk before or after dinner instead of going for the extra helping of mashed potatoes.

Here are a few examples of moderate physical activity to enjoy with the whole family:

- 15 minute walk in the neighborhood or a nearby park
- Light yard work, whether it's planting flowers or shoveling snow
- Actively playing with children
- Biking at a casual and scenic place

Keep in mind that if breaking up a 30 minute cardio session is better for your schedule, it won't hinder your fitness goals. Scientific evidence shows that you receive the same health benefits from breaking 30 minutes up into three 10 minute or two 15 minute intervals throughout the day. However, less than 10 minutes of physical activity doesn't help you meet the recommended physical activity.

Whether it's a family effort or taking advantage of time with your children, a healthy lifestyle begins with parents.

For more information regarding your family's health and well-being, please visit Fit-for-Me at [www.fit-for-me.org](http://www.fit-for-me.org).

Wishing you and your family much success in 2008,

Don-Miguel

President and CEO, Fit-for-Me Foundation, Inc.

Fit-for-Me Foundation advocates and advances fitness and wellness programs and services directed to better the lives of young people (K-College). The foundation was

established in March 2006 by Don-Miguel, founder of Don-Miguel Fitness, and is recognized as a 501(c)(3) non-profit public charity.