



# No Excuses!

Get ready...  
Get set...  
Go!

...On the road to good health through the **Wellness Journey**.

The biggest hurdle on your road to wellness may be the excuse...**"I don't have time."**

*Every day has 1,440 minutes. How can you use some of those minutes to become more fit?*

- Walk for 10 minutes over your lunch hour, or get up a few minutes earlier in the morning for a walk or light calisthenics.
- Take the stairs instead of the elevator, at least for a few floors.
- Walk to work, school, the library or post office.
- Take a talk-and-walk break with your spouse, friend, or family member two nights a week, instead of watching your usual game show.
- Bike or roller blade with your kids or friends.
- Pick up the pace and jog when you walk the dog.
- Ask the kids to take over a few household chores to give yourself time for a brisk walk.
- Take regular activity breaks. Get up from your desk to stretch and walk around.
- Develop a routine that you can do at home. Walk on a treadmill while watching your favorite television program or reading.
- While your child is at practice, go for a walk, jog, or bike ride.

**Make fitness fit in your life.**

**You will feel good doing what is good for you!**