



## Move more, more often

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, follow these simple tricks to stay active.

### Do it your way

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? Taking a walk 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. The health benefits are the same – your body can't tell the difference.

### Keep workout gear near

You never know when you'll find extra time for a workout. Stash running shoes, a bike helmet, or whatever else you need to get moving in your car or at the office – so you never have an excuse to stay put.

Visit [kp.org/fitness](https://kp.org/fitness).

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