

# Make exercise a part of your daily routine

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Prioritizing daily physical activity becomes more realistic with some simple planning techniques.

Over the past few decades, the number of obese and overweight Americans has greatly increased. Many people do not attain the recommended daily physical activity as recommended by the [Centers for Disease Control](#). This has contributed to the extremely high levels of overweight and obese adults and children across the country, and Michigan has not been immune.

Michigan ranks as the 16<sup>th</sup> most obese state in the country according to [The State of Obesity: Better Policies for a Healthier America](#). [BioMed Central](#) notes that obesity or being overweight can lead to many poor health outcomes and long-term negative effects, including hypertension, heart disease, and type 2 diabetes.

This health issue does not have a simple solution. Any answer has to involve an array of factors. One important factor is making exercise a regular part of your routine. 30 minutes of exercise each day with two days of resistance training a week is recommended for adults aged 18-64 (for more information on diet and exercise recommendations see [ChooseMyPlate](#)).

The benefits of increasing physical activity are plentiful. According to the [CDC](#), those who exercise frequently can have an improved mood, lower bodyweight and BMI, improved immunity and lower stress. If you find yourself having a difficult time fitting in your daily physical activity, read below for five tips to working in your workouts!

## Five tips to fit in your workouts

1. **Plan for it:** Put your workouts on your calendar or in your agenda.

2. **Make it a part of regular activities:** Use the stairs at work or when shopping. Tighten your abs or squeeze your thigh muscles tight while you sit at your desk or while waiting in line. During commercial breaks of your favorite show or sporting event, try doing crunches (mix it up with squats, push-ups and planks!).
3. **Make it more enjoyable:** Join a rec team or league. Workout with friends, family, and co-workers. This has the added bonus of creating accountability partners within these groups.
4. **Make health and wellbeing a priority:** Are there other activities that could be shortened to fit in your physical activity? Physical activity does not have to come in hour-long doses. Being moderately active for even 10 minutes at a time can make a positive difference
5. **Keep track:** Use an activity tracker or online fitness app to help with goal setting and progress tracking. Seeing progress makes a huge difference in continually striving for results

Physical activity does not have to be a 'chore;' rather, see it as an opportunity to improve your mood, improve your health outcomes and make your life healthier. Try some of these tips, and see how working in your workout can contribute to your health!

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