

Achieve Moderate Exercise Goals Weekly

Tips for a Busy Nurse



At Home

Yardwork: garden, mow the lawn, weed, trim bushes, rake leaves, shovel snow

Housework: mop, sweep, vacuum, clean windows, put groceries away, home repairs

Family time: dog walk, push stroller, walk with or carry a child, play with children (tag, T-ball, hide and seek, or play on the playground)!



At Work

Take the stairs, walk/workout on breaks, workout at home or at the gym before or after work, walk while on phone calls, find a work buddy to keep you motivated and on track



While Traveling

Take the stairs, use the hotel workout center, go on a walk or run in the morning or evening between events, plan activities that burn calories



Outdoors

Paddle boat, kayak, canoe, hike, bike, golf, swim, surf, roller skate, ice skate, ski, frisbee, run, play pickleball, tennis, or do cartwheels!



At the Gym

Water aerobics, swim, yoga, row machine, weight train, box, elliptical, stair climber, stationary bike, treadmill (uphill, easy jog, brisk walk), group fitness classes



With Others

Dance, establish an exercise partner for home or gym, community events such as a run/walk, team sports such as doubles tennis, badminton, basketball, softball/baseball, volleyball, touch football



Weekly Exercise Tips

Exercise when children are napping, while you watch T.V., wake up early to do a workout, involve family by taking walks, bike rides, or playing sports together



Long/Rotating Shifts

Plan your day to include exercise, wake up early or set an alarm during the day to do an activity, involve others in team sports or community walks/runs, try exercise routines at different times of the day and see what works best for your lifestyle



150 Minutes Moderate Exercise

2.5 hours is the recommended amount of moderate activity/exercise per week. This can be divided into shorter sessions, such as three 10-minute sessions or two 15-minute sessions per weekday.

Reference:

Centers for Disease Control and Prevention. (n.d.). *General physical activities defined by level of intensity*. Retrieved from https://www.cdc.gov/nccdphp/dnpa/physical/pdf/pa_intensity_table_2_1.pdf

