

# PHYSICAL ACTIVITY

## SCHEDULE YOUR ACTIVITY IN - COULD IT WORK FOR YOU?

Having trouble fitting in your 30 minutes a day or 150 minutes a week?  
Try scheduling it in – treat it like an appointment so you won't miss it.

Here's how someone else fits in their activity:

5:00 am Wake up & Shower

5:30 am 10 minute circuit

5:45 am Breakfast

6:00 am Shift

5:00 pm Shift end

5:10 pm 15 minute walk on treadmill or  
skip rope

5:30 pm Shower

6:30 pm Dinner

7:30 pm 5 minute circuit while watching TV



**TAKE CARE**  
OF YOUR  
**EQUIPMENT**