



## Finding workouts in everyday activities

### There are enormous benefits to staying physically active.

It helps improve your brain health, manage weight and make your body stronger. There are few lifestyle choices that can affect you more positively than moderate physical activity.<sup>1</sup>

Warmer weather means it's enjoyable to spend time outside. For some, that means going for a hike, a run or a long bicycle ride. Enjoy the fresh air and sunny days. The following are great opportunities for physical activity that are less strenuous but will still keep you active.<sup>2</sup>

**Please note: Before you start any new exercise routine, talk to your doctor to make sure it's safe.**



### Remember to hydrate.

When exercising, drink water before, during and after your activity.

## Here are 7 “found workouts” in everyday activities.

### Water walks

If swimming laps in a pool is not your thing, try walking laps or circles in the shallow end. Grab a friend, and rather than sitting on the side of the pool, add some movement for a resistance workout. If you're at the beach, walk on the sand. The workout is harder than walking on the sidewalk.



### Seasonal decluttering

Deep cleaning your home or garage each season is a perfect way to get moving and get your muscles firing. Who knows, maybe you'll make some room for a new bicycle?



### Gardening

Pushing the lawn mower gets you moving. Moving plants, mulch and topsoil around will strengthen your muscles. Seeing the fruits of your labor blooming is good for your mind.



### A new commute

Because the weather is warmer and the daylight is longer, add a walk to your commute. Park your car in the far parking lot. Just a 10-minute walk improves your fitness. The walk can also reset your attitude at the end of the day. If you're ambitious, leave the car at home and commute on your bike if there is a safe route.



### Puppy playtime

Your pets enjoy nice weather as much as you do. Explore local dog parks and lead your furry friends on off-leash chases.



### Plogging

Plogging<sup>3</sup> is considered Sweden's "green sport." It's a mashup of jogging and picking up litter. Pack a trash bag and gloves and delitter as you walk at the beach, in a forest or your local park. It's good for your heart, soul and the environment.



### Picking produce

Visit your local farmers market for what's fresh or in season. Even better, visit berry patches and orchards to pick your own produce.



**Working out doesn't seem so daunting when you can incorporate it into your daily life.**

Learn how Livongo can help support you on your wellness journey. To sign up or learn more, go to [Go.Livongo.com/STATEOFIOWA/New](https://Go.Livongo.com/STATEOFIOWA/New).

<sup>1</sup><https://www.cdc.gov/physicalactivity/basics/pa-health/index.htm>

<sup>2</sup><https://www.heart.org/en/healthy-living/fitness/getting-active/25-ways-to-move-more-during-summer>

<sup>3</sup><https://www.aarp.org/health/healthy-living/info-2018/plogging-fd.html>

Las comunicaciones del programa Livongo están disponibles en español. Al inscribirse, podrá configurar el idioma que prefiera para las comunicaciones provenientes del medidor y del programa. Para inscribirse en español, llame al 800-945-4355 o visite [Go.Livongo.com/STATEOFIOWA](https://Go.Livongo.com/STATEOFIOWA)

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