

Let's take a walk



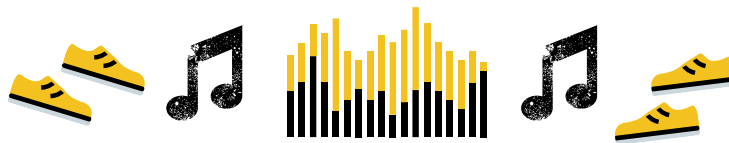
Healthy adults should move more and sit less throughout the day and aim for 150-300 minutes per week of moderate-to-vigorous physical activity.



Try this 1-mile indoor walk set to fun and upbeat music to get some steps! Walk one mile in less than 16 minutes using the link below and the simple steps provided. No experience needed, stay within your comfort zone, and have fun!

Walk at Home by Leslie Sansone

<https://www.youtube.com/watch?v=X3q5e1pV4pc&feature=youtu.be>



For more tips on how to increase your physical activity, try [these tips](#) from the American College of Sports Medicine

This guide was created by MU Extension faculty Kelley Brent who specialize in nutrition and exercise education and reviewed by exercise physiologists from MU Extension. MU Extension's Nutrition and Health unit enhances access to the resources and research from University of Missouri. Please visit the home page to learn more about MU Extension Nutrition and Health <https://extension2.missouri.edu/find-your-interest/youth-and-family/nutrition-and-health-education>