

GET PHYSICAL!

When is the best time of day to work out?
Well, that depends...on you.



If you tend to hit your snooze alarm every morning, consider scheduling time later in the day for your walk or trip to the gym. Or maybe you can't find 30 minutes in your jam-packed schedule for exercise. Then be creative and break up your activity into three 10-minute increments daily, such as taking 10-minute walks during your breaks and lunch at work.

The important thing when it comes to creating a healthy lifestyle is consistency.

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