

## How to incorporate movement into your daily life



Staying active is one of the simplest and most effective ways to take care of your health. In our daily lives, we spend many hours sitting down, which can increase the risk of various diseases. Incorporating movement throughout the day can improve your energy, mood, and quality of life.

### Why is it important to exercise every day?

Physical inactivity increases the risk of:

- Cardiovascular disease
- Type 2 diabetes
- Overweight and obesity
- Back and joint pain
- Anxiety and/or depression

According to the World Health Organization (WHO), adults should engage in at least 150 minutes of moderate physical activity per week.

**Movement includes any activity that involves moving the body, for example:**

Gardening	Playing with children
Dance	Clean the house
Caminar	Climb stairs

### To stay active in your daily life:

At home, you can do small exercises and take breaks during your activities

- Take active breaks while watching television.
- Walk around while talking on the phone.
- Stretch when you wake up.
- Dance for 10 minutes to your favorite music.



During the workday, incorporating brief movements helps reduce sedentary behavior and take care of your health.

- Get up regularly.
- Use the stairs.
- Park a little further away.
- Do 2–3 minutes of stretching.



Even while running errands, small actions can add movement to your daily routine.

- Walk around the supermarket.
- Get off one stop early.
- Avoid the elevator when possible.



By incorporating more movement into your daily routine, you will notice positive changes in your physical and emotional well-being. In just a few weeks, you may experience:

- More energy
- Better sleep
- Less stress
- Improved mood
- Less muscle pain
- Better weight control

Before starting any more structured physical activity plan, it is important to consult your doctor if you have any health conditions, such as:

- Cardiovascular disease
- Chest pain
- Frequent dizziness
- Uncontrolled hypertension
- High-risk pregnancy

## Reminders

Small daily recommendations help incorporate movement without feeling like you “have to exercise.” Examples:

- Drink water and get up every time you do.
- Take the stairs instead of the elevator, even if it's only a few floors.
- Walk while waiting for transportation.
- Associate movement with existing habits (after brushing your teeth, you can try to do 5 squats).

## Social and Emotional Aspects

For recommendations, tools, and resources on how you and your family can cope with the emotional and physical concerns that arise during and after your medical treatment, please visit your primary care physician or call the following hotlines:

**Medical Advice Line:**

1-844-347-7801

**TTY/TDD** 1-844-347-7804

**APS Health:** 787-641-9133

## References:

<https://www.who.int/es/news-room/fact-sheets/detail/physical-activity>

<https://www.heart.org/en/healthy-living/fitness/fitness-basics/aha-recs-for-physical-activity-in-adults>

<https://odphp.health.gov/our-work/nutrition-physical-activity/physical-activity-guidelines>

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