According to new research from the Norwegian School of Sports Medicine, just 11 minutes of daily, moderate exercise can provide long-term health benefits and increase your life span. Additionally, people who worked out at least 35 minutes per day saw the biggest results in terms of health, especially joint health.

**Start slowly**
Warm up and cool down. Gradually increase the length or intensity of your workouts.

**Break it up**
Try multiple short exercise sessions instead of long workouts. Focus on being active throughout the day.

**Get creative**
Find activities you enjoy—walking, biking, or dancing. Exercise can be a fun way to socialize with friends.

**Listen to your body**
If you feel pain, dizziness, or nausea, you might be pushing yourself too hard. Take a break and don’t get discouraged.

**Be flexible**
It’s okay to take a day or two off. Take care of your body and get back into it when ready.