

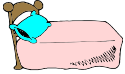
How to Add Physical Activity to Your Life

Every Day Tasks

Brushing your teeth



Making the bed



Taking out the trash



Vacuuming



Unloading groceries



Picking up and putting away



Cleaning



Adding Activity

Stretch your legs as you brush.

Increase the number of times you walk around the bed. Walk quickly or stretch farther across the bed.

Carry the trashcan instead of rolling or dragging it. Carry less trash or make more trips.

Really push and pull, switching hands to work both arms.

Hold grocery bags, cans, bottles, or milk jugs in your hands; curl your hands, bending at the elbows.

Make more trips from the car into the house. Bend your knees to reach bottoms shelves, stretch for top shelves. Make more trips, especially up or down the stairs.

Scrub the tub or shower, using a circular motion in both directions and alternating hands.

Get the picture? Now add some of your favorite music. To the right beat, vacuuming and bed-making can become aerobic activities! Go ahead and dance through your chores. It's a great way to put your best foot forward.

