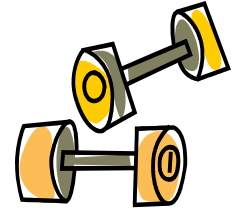


Fun Ways to Get Active



- ❖ Turn on your favorite upbeat music and dance around the house
- ❖ Take a few 10-minute walks or bike rides during the day.
- ❖ Use an exercise DVD for a little while in the morning and a little while in the evening.
- ❖ Turn up the music while you clean the house.
- ❖ Mow the lawn. Push the mower as fast as you can.
- ❖ Give the kitchen floor a good scrubbing.
- ❖ Wash the car, clean the garage, or wash windows.
- ❖ Play Frisbee, hopscotch, or jump rope with children.
- ❖ Walk or bike to the store.
- ❖ Walk the dog.
- ❖ Read the newspaper or watch TV on a stationary bike.

At work

- ❖ Park several blocks away and walk.
- ❖ Use the stairs instead of the elevator
- ❖ Suggest holding meetings with colleagues during a walk inside or outside the building.
- ❖ Get a walking club started at work
- ❖ Go the extra distance when possible: Get your coffee on another floor (use the stairs) or use the restroom that's the farthest from your office.
- ❖ If you need to speak to a coworker, walk to that person's office or station rather than using e-mail or the phone.
- ❖ Use your morning and afternoon breaks to take quick 15-minute walks

No matter what kind of activity you choose, the important thing is to get moving. Try to fit in at least 30 minutes of exercise on 5 or more days of the week, and look for other opportunities to be active throughout the day.