

# Ideas for Starting and Staying Physically Active

## 1. Look for ways to get physical at home

- House work
- Yard work
- Walk the baby (or dog)
- Play with children

## 2. Look for ways to get physical at work

- At break or lunchtime, take a walk or move around
- Come early (10-15 minutes) or stay later (10-15 minutes) to walk
- Get involved in work-site wellness activities
- Have walking meetings

## 3. Look for activity “stoppers”

- Don't watch TV until physical activity is done
- Don't have dinner until after physical activity
- Use time after dinner for physical activity

## 4. Look for physical activity “helpers”

- Ask a family member or friend to watch the kids
- Get the kids involved in walking
- Find a walking buddy

## 5. Decrease physical *inactivity*

- Spend less time watching TV
- Spend less time in seated positions, such as reading, watching TV, or talking on the phone

## 6. To help you stick with your physical activity program, choose activities that:

- You enjoy
- Can be done near home or work
- You can afford
- Are supported by your family and friends
- Are an extension of your daily routine

