

21 Easy Ways to Add Physical Activity to Your Day

1. **Got a dirty house?** Turn household chores into a workout. Pick up the pace when you vacuum, mop or sweep. You'll be exercising and your house will be cleaner!



2. **Climb the stairs.** It's an easy way to add activity to your day. Plus, you won't have to wait for the elevator.

3. **Take an after-dinner walk.** Walk by yourself or with friends.

4. **Park farther away from the grocery store or shopping mall.** You'll be walking while everyone else is trying to find the perfect parking place.

5. **Put some elbow grease into yard work.** Mowing the lawn and shoveling snow will get your muscles moving.

6. **Rake leaves instead of using a blower.** It's quieter and a workout.

7. **Walk or ride a bike to work.** It's good for your health and for the environment!

8. **Walk to run errands.** Need to go to the post office or the library? Let your feet take you where you need to go!

9. **Like to watch TV?** Get an exercise machine and park it in front of the set.



10. **Make an activity date with a friend.** Instead of meeting for lunch, play basketball or tennis.

11. **Try a workout video.** Get active in the privacy of your home.

12. **Take a dance or aerobics class.** Let the music energize your body and your day.

13. **Don't just watch sports, play them!** Join a local team or take a class.

14. **Take your dog for a longer walk.** You'll both be wagging your tails!



15. **Add a workout to your weekend plans.**

Hike, swim or fly a kite. Take along a picnic and make a day of it.

16. **Dance to the music.** With or without a partner, in a club or at home, dancing is an excellent way to get exercise.

17. **Start your morning with a jog.** You may feel better all day!

18. **Make family time activity time.** Play with your kids at the park or go for a bike ride.

19. **Join in fund-raising walks and fun runs.** They benefit you and your community!

20. **Make party time activity time.** Hold parties at a bowling alley, skating rink or park.

21. **Turn your coffee break into a walking break.** Even 10 minutes of activity can improve your mood, reduce stress and improve your health.

Every Little Bit Counts

Experts say that 30 to 60 minutes of physical activity on most days offers many health benefits. But every bit can count. Adding activity into your life may be easier than you think.

- ✓ You can break up your physical activity time into little chunks.
- ✓ Just make sure you exercise for at least 10 minutes at a time. Work out hard enough that you lightly sweat and your heart beats faster, but not so hard that you can't talk while exercising.

Make physical activity part of your everyday life.
You can do it.



Is physical activity good for you?

Of course! You know that.

But did you know that regular physical activity may reduce your risk of diabetes, heart disease and cancer? Adding physical activity to your life doesn't have to be difficult. Look inside to see how easy it is to start moving today.

This pamphlet is not a substitute for professional medical care.
If you have questions or concerns, please talk with a health care provider.

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FINDING THE TIME

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IT'S EASIER THAN YOU THINK