

Physical Activity in Your Daily Life

At Home:

- Do housework yourself (vacuum, wash dishes, iron, sweep, mop etc.).
- Work in the garden (plant a garden), prune.
- Rake leaves or mow the lawn (riding mowers don't count).
- Go out for a short walk before breakfast, after dinner or both. Start with 5-10 minutes and get up to 30 minutes.
- Walk or bike to get your mail or go to the corner store.
- When watching TV, sit up straight instead of lying on the sofa, throw away your remote control and get up to change the channels.
- Stand up while taking on the telephone.
- Walk the dog.
- Park farther away at the mall/grocery store and walk the extra distance. Wear your walking shoes so you can take an extra lap around the mall/store.
- Stretch to reach items in high places and squat or bend to look at items at floor level.
- Keep any exercise equipment repaired and ready to use.

At the Office:

- Brainstorm project ideas with a co-worker while taking a walk.
- Walk down the hall to speak with someone rather than using the phone.
- Talk the stairs instead of the elevator, or get off a few floors early and take the stairs the rest of the way.
- Walk while waiting for the plane at the airport.
- Stay at hotels with fitness centers or swimming pools and use them while on business trips.
- Participate in or start a recreation league at your company.
- Form a sports team to raise money for charity events.
- Join a fitness center near work. Work out before or after, or drop by for a noon workout.
- Schedule exercise time on your calendar and treat it as any other appointment.

At Play:

- Plan family outings and vacations that include physical activity (hiking, backpacking, swimming, etc.)
- See the sights in new cities by walking or biking.
- Do physical activity with a friend.
- Play your favorite music while exercising
- Take a walk, run, play catch/Frisbee or fly a kite on the beach
- When golfing, walk instead of using a cart.
- At a picnic, join in on badminton, horseshoes or croquet.
- At the lake, rent a rowboat or a canoe.