

Small Steps to Help You Increase Your Physical Activity

- Walk to work.
- Do sit-ups in front of the TV.
- Walk during lunch hour.
- Walk instead of drive whenever you can.
- Take a family walk after dinner.
- Skate to work instead of drive.
- Mow lawn with push mower.
- Walk to your place of worship instead of drive.
- Walk kids to school.
- Get a dog and walk it.
- Join an exercise group.
- Replace Sunday drive with Sunday walk.
- Do yard work.
- Get off the bus or train one stop early and walk.
- Work around the house.
- Bicycle to the store instead of drive.
- Go for a half-hour walk instead of watching TV.
- Fetch the newspaper yourself.
- Sit up straight at work.
- Wash the car by hand.
- Run when running errands.
- Pace the sidelines at kids' athletic games.
- Take wheels off luggage.
- Choose an activity that fits into your daily life.
- Park farther from the store and walk.
- Ask a friend to exercise with you.
- Exercise with a video if the weather is bad.
- Bike to the barbershop or beauty salon instead of drive.
- If you find it difficult to be active after work, try it before work.
- Take a walk or do desk exercises instead of a cigarette or coffee break.
- Perform gardening or home repair activities.
- Avoid laborsaving devices.
- Skip the drive-thru.
- Carry your groceries instead of pushing a cart.
- Use a snow shovel; instead of a snow blower
- Take small trips on foot to get your body moving.
- Play with your kids 30 minutes a day.
- Dance to music.
- Keep a pair of comfortable walking or running shoes in your car and office.
- Make a Saturday morning walk a group habit.
- Walk briskly in the mall.
- Choose activities you enjoy and you'll be more likely to stick with them.
- Stretch before bed to give you more energy when you wake.
- Take the long way to the water cooler.
- Explore new physical activities.
- Vary your activities for interest and to broaden the range of benefits.
- Take the stairs instead of the elevator.
- Swim with your kids.
- Walk instead of sitting around.
- Take your dog on longer walks.
- Walk the beach instead of sunbathing.
- Walk to a coworker's desk instead of e-mailing or phoning.