

No Time for Physical Activity?

Here are some ideas to help fit more physical activity into your day:

- Look for short, 10-minute periods of time during the day in which you can do some physical activity.
- Walk to the mailbox.
- Park at the far end of the parking lot when at the store, mall, or work.
- Be active during lunchtime! If you bring lunch to work, you may have time to take a brisk walk.
- Take the stairs instead of the elevator.
- Plan and prepare meals ahead of time, so you'll have time to exercise.
- Walk the dog a little longer at a brisk pace.
- Get your family to exercise with you. It's a fun way to spend some quality time together.
- Use your Food and Physical Activity Diary. This can help you to see where you can fit in more physical activity.
- Do chair exercises while watching TV.
- Replace part of your TV/computer time with physical activity.
- Set aside a block of time every day for planned physical activity. Make being active a part of your daily routine, just like brushing your teeth and taking a shower.

