

Activities to Fit Your Lifestyle

Exercise does not have to be planned. Think of all the ways you can be active during your day:



- Walk or ride a bike for transportation.
- Take the stairs instead of the elevator.

- Park at the far end of the parking lot and walk.

- Get off the bus one stop early and walk the rest of the way.



- Walk your dog, or borrow someone else's dog.

- Take a brisk walk while you are shopping at the mall, or at the end of your lunch break.

- Walk to your mailbox.

- Mow the grass. Rake the leaves. Weed the garden. Then do your neighbors.



- Dance whenever you can.
- Wash your car...by hand.

- Vacuum or sweep the floor often.

- Get up to change the TV channel; don't use the remote.



- March in place during TV commercials.

- Stretch or do chair exercises while watching TV.



- Stand up and step in place or pace the room while using the phone.

- Walk down the hall to talk to a co-worker instead of using the phone or sending an e-mail.

- On work breaks, take a 5–10 minute walk.

- If you play golf, walk every hole.

- Carry your groceries instead of pushing a cart.

- Stand at your desk while checking your e-mail.

- Take the long way to and from places.

