

Get Active!



Tips for Increasing Physical Activity at Home, at Work, and at Play

Working physical activity into your everyday life is easy—plus it allows you to set a great example for your family, friends, and colleagues! Try these tips to get moving more at home, at work, and at play!

At home:

- Do housework yourself instead of hiring someone to do it.
- Work in the garden or mow the grass. (Using a riding mower doesn't count!)
- Go for a short walk before breakfast, after dinner, or both!
- When walking, pick up the pace from leisurely to brisk. Choose a hilly route.
- While watching TV, sit up instead of lying down on the sofa. Take frequent breaks to stand up and stretch. If you own a stationary bike, pedal while enjoying your program.
- Instead of asking someone to bring you a drink or snack, get up and get it yourself.
- Stretch to reach items in high places, and squat or bend to look at items at floor level.
- Maintain any exercise equipment you own and use it!

At work:

- Park your car farther away from the building. Take the long route in on pleasant days.
- Brainstorm project ideas with a coworker while taking a walk.
- Stand or march in place while talking on the phone. If your facility has a designated walking track free of trip hazards, stroll during business calls when you don't need to reference important documents.
- Take a stroll down the hall to speak with someone rather than using the phone.
- Take the stairs instead of the elevator or escalator.
- Walk around your building for a break during the work day or over lunch.
- If available, use a stand-up desk or work from a high table.
- Set physical activity goals with a colleague. Hold each other accountable!

At play:

- Park farther away from the store when out shopping. Walk an extra lap or two around the mall.
- Meet up with friends for a walk or hike instead of dinner or coffee.
- Take dance lessons, or just enjoy dancing to your favorite music by yourself or with a partner.
- Join a recreational club that emphasizes physical activity.
- When golfing, walk the course instead of using a cart.
- Plan family outings and vacations that include physical activity (hiking, backpacking, swimming, etc.).
- Stay at hotels with fitness centers or swimming pools and use them when traveling.
- On your next trip, pack a jump rope or a resistance band in your suitcase.
- Download a fitness app. Use it for tips, tracking your activity, and staying motivated!

Source: American Heart Association (www.heart.org)