Ways to Increase Physical Activity

At home:
  o Join a walking group in the neighborhood or community.
  o Recruit a partner for support and encouragement.
  o Push the baby in a stroller.
  o Get the whole family involved — enjoy an afternoon bike ride with your kids.
  o Walk the dog — don't just watch the dog walk.
  o Clean the house or wash the car.
  o Walk, skate or cycle more, and drive less.
  o Do stretches, exercises or pedal a stationary bike while watching television.
  o Mow the lawn with a push mower.
  o Plant and care for a vegetable or flower garden.
  o Play with the kids — splash in a puddle or dance to favorite music.
  o Exercise to a workout video.

At work:
  o Get off the bus one stop early and walk the rest of the way.
  o Take the stairs instead of the elevator.
  o Replace a coffee break with a 10-minute walk. Ask a friend to go with you.
  o Take a stretch break or do deskercises.
  o Walk over to a co-worker’s office instead of calling or sending an email.
  o Take part in an exercise program at work or a nearby gym.
  o Join a walking group.

At play:
  o Walk, jog, skate or cycle.
  o Swim or do water aerobics.
  o Take a class in martial arts, dance or yoga.
  o Golf (pull cart or carry clubs).
  o Canoe, row or kayak.
  o Play racquetball, tennis or squash.
  o Play basketball, softball or soccer.
  o Take a nature walk.
  o Most important — have fun while being active!