



**WORKING FOR A  
HEALTHIER TN**



## Get Fit, Bit By Bit Challenge

If you're mindful of the little things you can do to turn your daily tasks into a "mini-workout," you'll be surprised at how much better you'll feel! Try to fit some of these activities into your day:

- **Go for walks.** Creating a buddy system may be helpful. You could meet a friend for coffee, get it to go and bond over a daily walk. The conversation will distract you from the exercise. Remember, 10 minutes at a time is fine! Aim for a total of at least 150 minutes of physical activity each week.
- **Take the stairs.** We know this one's obvious, but how often do you *still* take the elevator instead of the stairs? Five minutes of climbing stairs burns up to 150 calories!
- **Clean vigorously.** An intense tidy session can burn extra calories. Try the "[\*Get Moving! Calculator\*](#)" to see how many calories you burn doing your favorite exercise or every day activities.
- **Use a basket instead of a shopping cart.** If you only have a few things to pick up at the grocery store, use a basket instead of a shopping cart. It's an automatic weightlifting session.
- **Park further away.** Build in extra walking by parking further away from your destination. Many parking lots are crammed, so if you park farther away you'll not only burn calories, but also save time by not waiting for a closer parking spot to open.
- **Play with your pets.** It goes without saying, owning a dog means frequent walks and play time.
- **Set an alarm.** Set an alarm for every hour to help you remember to get up a minimum of two minutes to stretch or walking around.
- **Support a good cause.** Sponsor local charity walks or runs for causes close to your heart. Dedicate each charity walk/run to someone you care about as your motivation to train before, during and after.
- **Practice meditation.** Sit quietly for at least five minutes, and focus on a single positive thought or on your breath.



## Get Fit, Bit By Bit Challenge

Here are 26 additional ways to get more active during your day:

1. Stand instead of sitting (this burns more calories).
2. Walk or bike to your destination instead of driving.
3. Do stretches or ride a stationary bike while watching TV.
4. During commercial breaks, do abdominal crunches, jumping jacks, push-ups or simply get up and walk around.
5. Play outside with your kids.
6. Take the baby or kids for a stroller or wagon ride.
7. Walk or run as your kids ride their bikes.
8. Instead of sitting, walk around while watching your child's sporting event.
9. Take your dog for a walk (if you already do this, try making the walk longer or faster).
10. Do squats or lunges while waiting for your food to cook in the microwave.
11. Do a few [squats](#) or [wall sit](#) while brushing your teeth.
12. Do calf raises while getting ready in front of the bathroom mirror.
13. Take a walk when you are frustrated or bored (instead of eating).
14. Plant a garden.
15. Maintain your garden (weeding, pruning, etc.).
16. Have "walking meetings" at work when meeting with small groups of people.
17. Keep hand weights at your desk. Do bicep and tricep exercises while on phone calls.
18. Turn on the music and dance around the house.
19. Instead of making piles around the house, put things back in their place right away.
20. Wash the car by hand instead of at the drive-through car wash.
21. Take an extra walk through the grocery store aisles before you check out.
22. Rake leaves instead of using a leaf blower.
23. Walk through your golf game instead of driving a cart.
24. Take a short walk on your lunch break.
25. Wear a pedometer and aim for 10,000 steps per day.
26. Pace or clean while on the phone.

**\*Please consult with your doctor before beginning an exercise program.**



## Get Fit, Bit By Bit Challenge Tracking Sheet

Give yourself one point per activity each day you do any of the activities listed on the handouts provided. Aim to complete at least five activities each day. Keep each other motivated! Share your photos with us on social media. Tag us on [Facebook](#) or [Instagram](#).

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Total Weekly Points
<b>Week 1</b>								
<b>Week 2</b>								
<b>Week 3</b>								
<b>Week 4</b>								

**\*Please consult with your doctor before beginning an exercise program.**