

# 12 WAYS TO ADD PHYSICAL ACTIVITY TO YOUR DAY

**1. CLIMB THE STAIRS. IT'S AN EASY WAY TO** add activity to your day. Plus, you won't have to wait for the elevator.

**2. TAKE AN AFTER-DINNER WALK.** Walk by yourself or with friends.

**3. PARK FARTHER AWAY FROM THE GROCERY STORE OR SHOPPING MALL.** You'll be walking while everyone else is trying to find the perfect parking place.

**4. WALK TO RUN ERRANDS.** Need to go to the post office or the library? Let your feet take you where you need to go.

**5. MAKE AN ACTIVITY DATE WITH A FRIEND.** Instead of meeting for lunch, play basketball or tennis.



**6. TRY A WORKOUT VIDEO.** Get active in the privacy of your home.

**7. TAKE A DANCE OR AEROBICS CLASS.** Let the music energize your body and your day.

**8. DON'T JUST WATCH SPORTS, PLAY THEM!** Join a local team or take a class.



**9. TAKE YOUR DOG FOR A LONGER WALK.**

You'll both be wagging your tails!

**10. START YOUR MORNING WITH A JOG.**

You may feel better all day!

**11. MAKE FAMILY TIME ACTIVITY TIME.** Play with your kids at the park or go for a bike ride.

**12. JOIN IN FUND-RAISING WALKS AND FUN RUNS.** They benefit you and your community!

**EVERY LITTLE BIT COUNTS**

Experts say that 30 to 60 minutes of physical activity on most days offers many health benefits. But every bit can count. Adding activity into your life may be easier than you think!

