

Tips for being more active

Talk to your healthcare provider before you begin any exercise program.

Even the busiest person can usually make time for physical activity. Try one or more of these suggestions today:

Home

- Walk the dog
- Play with the kids
- Push a lawn mower, rake leaves, or do other gardening chores
- Wash the windows. Paint the house. Take care of other home repair activities that are safe to do yourself
- Avoid labor-saving devices. Use a rake instead of a leaf blower, and carry your golf bag or use a pull-cart instead of riding in a golf cart
- Exercise while watching TV

Work

- Take fitness breaks such as walking or doing some exercises instead of coffee breaks
- Have a walking meeting
- Park at the far end of the parking lot
- Don't use the nearest bathroom or printer. Use one that requires you to walk a bit
- Take a 5-minute walk before you sit down to eat lunch or a snack
- Take a break every hour to get up, walk, and stretch if you work in a sitting job
- Stretch and stand up straight if you work in a standing job

Daily life

- Walk, cycle, jog, or skate instead of driving or taking a bus
- Park your car farther away from where you're going, and walk
- Walk a few blocks before you get on the bus, or get off the bus and walk the last few blocks
- Take the stairs instead of the elevator or escalator