



50 ways to get active and stay active

1. Go for a walk.
2. Turn housework into a mini workout. Put on some lively music and really move.
3. Turn off the TV.
4. Keep fitness equipment handy.
5. Play a game of tag with your kids, or your neighbors' kids.
6. Explore the outdoors.
7. Make an appointment with yourself to exercise.
8. Shovel your sidewalk or driveway.
9. Try country line dancing.
10. Follow a toddler around for a while.
11. Keep a pair of walking shoes at work and use them on your lunch break.
12. Hide the remote control.
13. Walk the dog.
14. Visit the zoo and walk around the entire park.
15. Be a little less efficient and make an extra trip around the house when picking up.
16. Steer clear of the couch.
17. Sign up for a community ed fitness class.
18. Find activities the whole family will enjoy, then go out and do them.
19. Go cross-country skiing.
20. Join a mall-walking or skyway-walking group.
21. Take the stairs instead of the elevator.
22. Wash and scrub your floors.
23. Rent a fitness video.
24. Get out of your car to open the garage door.
25. Think of one new activity to do every day this week. Then do it.
26. Park at the far end of the parking lot and walk a few extra steps.
27. Keep a journal of your physical activities. Note the benefits you discover.
28. Team up with a fitness partner—someone to keep you motivated.
29. Play racquetball, tennis or basketball.
30. Do 10 sit-ups for every 30 minutes of TV you watch.
31. Set a fitness goal for yourself.
32. Laugh a lot. You'll have more energy.
33. Hire a personal trainer.
34. Get off the bus a block or two before your destination and walk.
35. Go ice-skating or rollerblading.
36. Clean the attic or garage.
37. Jump rope.
38. Dance with your vacuum.
39. Do stomach crunches every time you're on hold on the phone or at a stop light.
40. Make it a habit to stretch before getting out of bed.
41. Hang clothes on the wash line instead of putting them in the dryer.
42. Wash and wax your car.
43. Walk to your mailbox instead of driving up to it.
44. Get rid of annoying clutter.
45. Get enough rest.
46. Offer a cheery "good morning" every day—even if you have to fake it.
47. Get a pedometer to measure your steps. Try for 10,000 steps a day.
48. Smile more.
49. Don't just supervise at the playground, join in.
50. Fidget while you wait.