

Physical Activity Tips

How to fit physical activity into
your day at home, work, and
elsewhere

Finding Time for Physical Activity

- ❑ You are busy. Work and family place a lot demands on you. It doesn't seam that there is any time to be active. But there is. Find the time during the day when you can be active.
 - ❑ The same creativity and planning you use in other areas of your life will come in handy when you are finding ways to make your life more active.
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Finding Time for Physical Activity

- Begin by being ready for activity whenever you are.
 - Buy comfortable clothes you can move around in.
 - Keep some in your car.
 - Keep a pair of comfortable walking or running shoes in your car and office.
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Time

- It's *about* time.
- It's about *time*.



They don't mean the same thing, do they? But they are meaningful when we are talking about physical activity.

- There are little things you can do to increase your **weekly moderate intensity physical activity**. Make physical activity part of your daily commute. Park further from work or get off the train one stop earlier and walk the rest of the way.
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Physical Activity at Work

- Ever misplace your keys? You look everywhere and still can't find them. But when you do finally find them, they were right in front of you the whole time.



- Just like physical activity at work. It's right in front of you.
 - Take the stairs instead of elevator.
 - Walk down the hall instead of using the phone or E-mail.
 - Take a walk during the morning or afternoon break. Ask a friend to go with you.
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Lunchtime Activity Tips

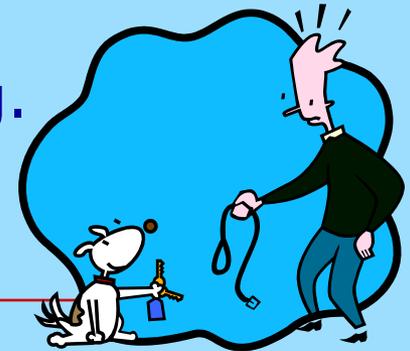


- ❑ “What are you doing for lunch?”
Pretty common question. Take advantage of these lunchtime activity tips. It’ll bring a whole new meaning when you answer, “The usual”.
 - ❑ Take a walk around the block during part of your lunch hour. Pick some dining spots 10 to 15 minutes away and walk to and from lunch.
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After-Work Habits



- ❑ Everyone talks about work habits. What about after-work habits?
- ❑ Sneak a brief walk in after work but before you get home. This way you are physically active before you must tend to dinner and other evening obligations.
- ❑ Play with the kids. Everybody wins.
- ❑ If you find it too difficult to be active after work, try it before work.
- ❑ A brief walk is a great way to start off the day.
- ❑ Take the dog.

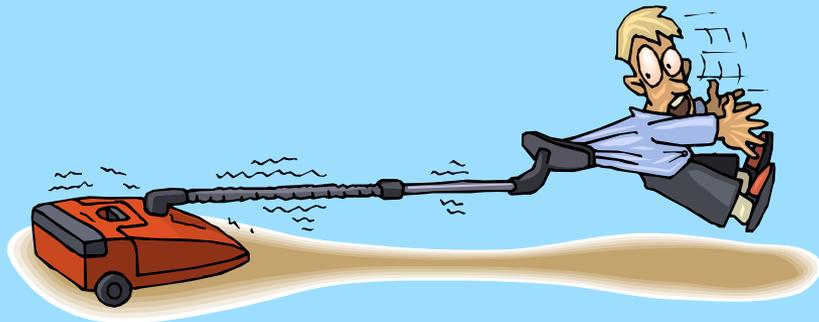


Weekend and Day Off Activities

- ❑ Walk up and down the sidelines at your child's baseball or soccer practices
- ❑ Go to the park or zoo with your family
- ❑ Walk while doing errands
- ❑ Join a weekend line dancing or ballroom dancing group
- ❑ Make a Saturday morning walk a family habit
- ❑ Or take a family walk after church, mosque, or synagogue



Active Indoor Activities



- ❑ Active indoor chores provide a great opportunity to kill two birds with one stone
 - ❑ You get moderate intensity physical activity and the house gets clean
 - ❑ Wash your windows, scrub the tub, or reorganize your closet!
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Active Outdoor Chores

- ❑ Mow the grass or wash the car, and do some for neighbor who may be in need
- ❑ Spruce up your garden or plant a new one
- ❑ Start slowly at first until staying active for 30-45 minutes becomes easy

