

## Being Active - at Lunchtime!!

Many people find that noontime is the perfect time to fit fitness into their day. Lunchtime provides a natural break in the day. It is also a time when some people have a bit more flexibility. Many fitness centers offer classes specially designed for mid-day activity.

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### WHY be active at lunchtime?

- 🚴 **RE-ENERGIZE** your brain for afternoon work or school.
- 🚴 **WAKE UP** your body for afternoon and evening fun.
- 🚴 **STRETCH OUT** your muscles after sitting all morning.
- 🚴 **TAKE A WELL-DESERVED BREAK!!**

### WHAT activities fit best into lunchtime?

Any physical activity can fit into the middle of the day. It's just a question of what works for your schedule, location and budget. Health clubs are great, plus they offer showers!

- 🚴 **Aerobic activities:** Most clubs and gyms offer a menu of heart-pumping classes designed to firm, tone and burn off extra calories and stress.
- 🚴 **Balance activities:** Yoga, Tai Chi and swim classes can relax and energize at the same time. Experiment with several options to find what suits you best.
- 🚴 **Fun activities:** Focus on fun and you'll be much more likely to stick with activity over the long run. Dancing? Kite flying? Swinging at the playground?

### HOW can I fit fitness into my lunchtime?

No gym, no money, no time to shower - walking works wonders too!

- 🚴 **Walk to and from lunch:** Instead of automatically jumping into your car, think about a 15-minute walk (each way) to a local restaurant. In under an hour, you can eat a leisurely lunch and get 30 minutes of physical activity. What a healthy deal!
- 🚴 **Walk (or run) errands:** Keep a pair of walking shoes in your office or car. When you have a long list of things to do, walk to at least some of them. Bad weather? No problem! Head to the mall and use those walking shoes to shop for sales!
- 🚴 **Walk with friends or colleagues:** Walking groups offer a long list of benefits. Walk with colleagues and get some additional work done while you walk and talk. Walk with friends or neighbors and stay connected to the important things in life!

