

## Ten Ways to Fit Fitness into Every Day

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### 1. Put on some comfortable shoes

- Feet were made for walking. With comfortable shoes on yours, you'll be ready to fit more walking into your life: at least 30 minutes a day, at least 10 minutes at a time.

### 2. Put on a pedometer

- These tiny step-counters are rapidly becoming today's most important piece of fitness equipment. While there is no "magic" number of steps, 10,000 per day is a great goal.

### 3. Put on some music

- Hate to exercise? How about dancing? Your favorite tunes - softly on headphones or loudly in the living room - can help you pick up the pace and enjoy moving more.

### 4. Use your legs – instead of the telephone

- Need to talk with a co-worker down the hall or a neighbor across the street? Hang up the phone and take a short walk to have your talk. Remember, every step counts!

### 5. Use your legs – instead of the elevator

- Need to go upstairs or downstairs? Forget the crowded elevator or the slow escalator! The stairs are an easy (and free!) way to build beautiful, strong leg muscles.

### 6. Use your legs – instead of the car

- For short errands, walking can be as fast (or even faster) than driving, waiting and parking. Plan to park in one place and walk to several different stores.

### 7. Fidget more

- The experts say it's true - fidgeting burns calories. Forget about sitting still at your desk - wiggle, squirm, standup, sit down, move around as much as you can.

### 8. Lift more

- One easy way to pump up arm muscles is to keep a set of weights (5 to 10 pounds) at your desk, near the TV or under the couch. Lift while you talk, watch or read.

### 9. Stretch more

- A few good stretches can help relax your body and your mind. You can stretch while working at a computer, watching TV or even driving a car. Just reach out and stretch.

### 10. Play more.

- Bounce a ball, fly a kite, swing on a swing, chase a child. There is no end to the fun when you play at getting fit. Need some playful ideas? Just ask your favorite kid!!!

