



# 50 WAYS TO BE MORE ACTIVE

Are you looking for some concrete ways to be more active, but don't know how? This gives you simple ideas to try out.



## 50 Ways to Be More Active

- Spend some time with your furry friends. Puppy playtime gets both of you moving.
- Take 15 minutes out of your day to go for a walk. Fresh air is good for you anyway.
- When you go grocery shopping, use a basket instead of a shopping cart.
- Ignore the closest parking spot and aim for one further away.
- Do some sit ups or planks during commercial breaks of your favorite show.
- Start a new hobby that lets you work with your hands - even knitting is more active than just watching TV!
- Rather than get in the car, walk to run nearby errands.
- Get off one stop earlier than usual on public transportation and walk the rest of the way.
- Instead of happy hour, meet a friend to try a new exercise class together.
- Summer (or vacation) beach day? Take a break from relaxing in the sand and go for a walk to grab some lunch.
- If you normally walk to work (or throughout the day), take five minutes and turn it into a power walk to get your heart rate up.
- Sign up for a local road race and try your hand at running.
- Sit all day? Set a timer on your phone to get up and do some light stretching.
- Spend your Saturday night dancing with friends, even if it's just around your living room.
- Clean your house. Yup, it counts!
- No time to hit the gym? Grab an at home exercise video. Bonus points if you do it in your pajamas.
- Opt out of waiting for the elevator and take the stairs.
- Put the remotes out of reach so if you need to tell Netflix that YES you ARE still watching, you'll have to get up to do it.
- Get a standing desk to spend some time upright without interrupting your work flow.
- Spend some quality time with your children by going to a nearby park. You'll end up moving around just as much as they chasing after them!



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- Have you been waiting to Marie Kondo your life, or even just your apartment? Take an afternoon to re-organize and get rid of all those things that don't bring you joy.
- Instead of ordering delivery, walk to the restaurant and pick up your food instead.
- Trying to workout in the morning? Put your alarm clock across the room. Having to get up makes it much more likely you'll get to that 7am yoga class.
- Take on a push up challenge, adding one each day. See how many you can do by the end of the month!
- Go for a swim. It's great, low impact way to get in some cardio.
- Instead of hiring someone to put together that new piece of furniture, try to do it yourself.
- In need of a new wardrobe or fun things for your home? Instead of ordering online, pick a day to go shopping.
- Join a recreational league in your community. Whether it's basketball, softball, kickball, or even dodgeball (yup, seriously!), you'll get moving and make new friends at the same time.
- Explore a new neighborhood or town close to where you live - on foot of course!
- If you've ever wished you could salsa, swing, or waltz, now is a great time to take those dance lessons.
- Try a new, unique exercise class. We hear trampolining is an option!
- Spend the day at a museum or art gallery. Bonus points if you take a walk to get there.
- Grab a bike and cover more ground than you could with just your two feet.
- Sit on a resistance ball while you work. It might feel easy at first, but you'll soon start feeling the burn.
- Instead of trying to bring all your grocery bags into the house in one trip (we've all been there), take in one or two bags at a time to get some extra steps in.



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- Walk over to your co-worker's desk rather than calling or sending an email.
- If you're staying in for a day of movies, get up every 30 minutes and run in place for 1 minute.
- Browse your local bookstore and find a new book to bring home. Mental activity is important too!
- Set a goal to drink more water by bringing a reusable bottle to work, and get up throughout the day to refill it.
- Have a water balloon or snowball fight. Pick whichever activity is appropriate for the current season.
- Make a visit to pick your own fruit farm. You can reward yourself for having a more active day with all the delicious fresh fruit you've picked.
- Sign up to volunteer for a good cause in your community.
- Longer phone chat? Walk around while you talk instead of sitting still.
- Set a goal to cook at home at least three times per week.
- Not a gym person? Purchase some at home exercise equipment and never worry about sharing the weights again.
- Grab a jump rope and return to your elementary school days. It's a great way to get your heart rate up!
- Walk up, rather than riding the escalator.
- Choose a fun weekend activity to get you moving while spending time with friends such as mini golf or bowling.
- Try your hand at painting, and stand while you do it.
- Give yourself a round of applause for your efforts. The best way to stick to a new habit is feeling good about it, and you're doing great!