



Strategies for Extra Steps

- Park in the farthest space from the door at work, the store, or mall
- Walk, run and play actively with your children, nieces or nephews, or grand kids.
- Mow your yard using a push mower. Take a walking break instead of a coffee break at work.
- Take the stairs instead of the elevator.
- Hide your remote and change channels the old-fashioned way.
- Do you have stairs in your house? Anytime you go up them, take an extra trip back down and back up again. It's not too much to get you out of breath or sweaty, but enough to give you a few more steps!
- Put on upbeat music while you clean your house.
- Better yet, find your own rhythm and move to the hum of the dishwasher or clothes washer. Clean your kitchen and get some extra steps as the machines do the dirty work.
- Take up dance –ballroom, clogging, dancing in your living room –you name it!
- Join a bowling league –activity doesn't have to feel like a workout. Just be careful not to eat too much junk food!

Being active is all about having fun, if we don't enjoy it, we won't keep it up. We all deserve to spend some time on ourselves, doing something we enjoy. Once you get started, it's easy to keep going.

The name of the game is to try to get your heart beating faster, and your lungs working a bit harder for at least 10 minutes at a time. Build up to doing this for a total of 30 minutes a day, 5 days a week.