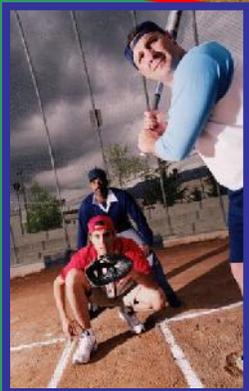


Tips For Increasing Physical Activity



At home:

- Join a walking group in the neighborhood and recruit a partner for support and encouragement
- Get the whole family involved—enjoy an afternoon bike ride with your kids
- Walk the dog—don't just watch the dog walk
- Clean the house or wash the car
- Mow the lawn with a push mower
- Plant and care for a vegetable or flower garden
- Play with the kids

At work:

- Get off the bus or subway one stop early and walk or skate the rest of the way
- Replace a coffee break with a brisk 10-minute walk. Ask a friend to go with you
- Join the office softball or bowling team

At play:

- Walk, jog, skate, or cycle
- Swim or do water aerobics
- Take a class in martial arts, dance, or yoga
- Golf (pull cart or carry clubs)
- Canoe, row, or kayak
- Play racket ball, tennis, or squash
- Ski cross-country or downhill
- Play basketball, softball, or soccer
- Take a nature walk
- Most important – have fun while being active!