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Find an Exercise Buddy



Ask a friend to participate in the activity with you so that you can encourage and motivate one another.

Be Realistic



Start off slow and easy at 5 to 10 minutes several times a week. Over a number of weeks and months you can gradually work yourself up to doing some activity everyday (30 to 60 minutes for the best benefits).

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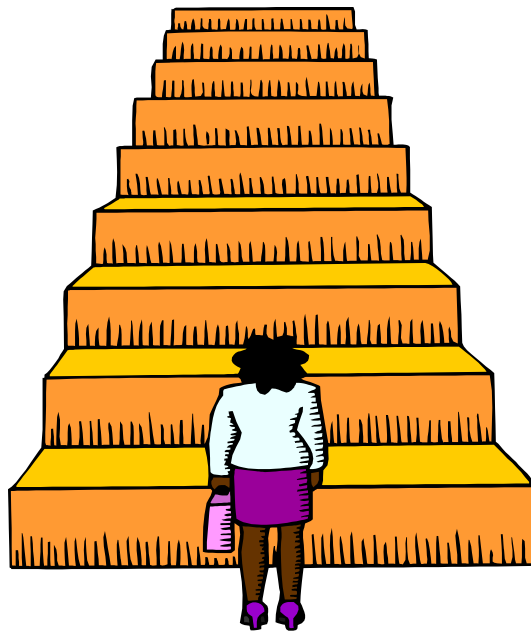
Walk the Distance



Always park further away
and walk the extra distance.

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Take the Stairs



Climbing the stairs for 15-20 minutes can burn 150 calories! This time can be easily accumulated throughout the day at home, work and even out shopping.

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Dance the Calories Away



Dancing is a terrific way to tone muscles, increase your heart rate, and improve your mood. Dancing for just 20-30 minutes can burn 115—170 calories! So grab your spouse or child and dance the night away.

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Break for Physical Activity



Take physical activity breaks during the work day instead of cigarette or coffee breaks!

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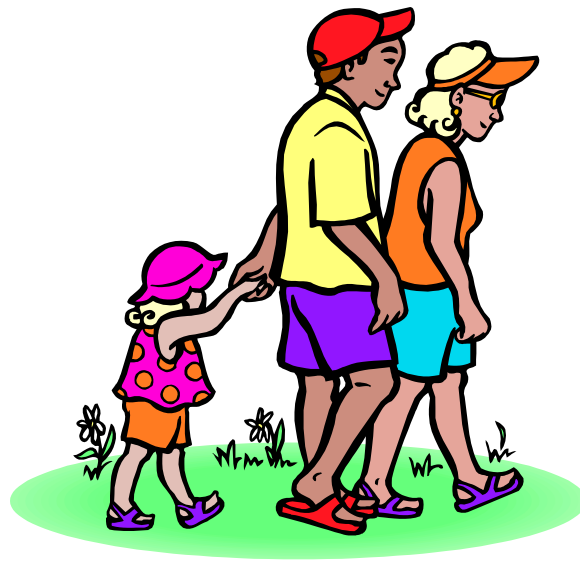
Activate Don't Vegetate!



Go for a 30 minute walk after
dinner instead of watching
TV!

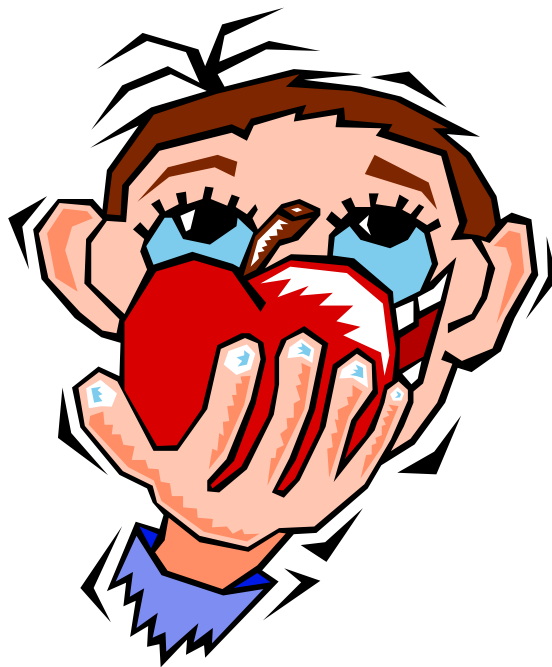
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Take a Hike!



Taking a 20-30 minute stroll around your neighborhood or office can burn 70-100 calories. If you step it up a notch and walk briskly for 20-30 minutes you can burn 130-200 calories!

Snack smart!



Snacks are a great way to refuel. Choose snacks from different food groups - a glass of low-fat milk and a few graham crackers, an apple or celery sticks with peanut butter and raisins.

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Grocery Shop for Your Health



Walking around a big store pushing a heavy cart burns more calories than you might think. Shopping for about 30 minutes can burn about 120 calories! If you are just picking up a few items, sneak in a quick arm workout by carrying a basket.

Find Physically Active Friends



Develop new friendships with physically active people. Join a group, such as the YMCA or a hiking club.

Be Prepared!



Keep a pair of comfortable walking or running shoes in your car and office. You'll be ready for activity wherever you go!

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Commercial Boot camp



During commercials, do sit ups, push ups, leg lifts, or jog in place. A 150-pound woman can burn up to 45 calories in 5 minutes.

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Don't Let the Weather Rain on Your Parade



If the weather doesn't permit you to exercise outside then head inside. Walk laps inside a mall or grocery store.

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Track Your Progress



Keep an activity log to track your progress. Note when you worked out, what activity you did, how long you did the activity, and how you felt during your workout.

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Garden:

Plant the Physical activity Seed



Spend some time in the sun and make your yard beautiful all at once. 20 minutes of gardening can burn approximately 108 calories! Don't forget the sunscreen!

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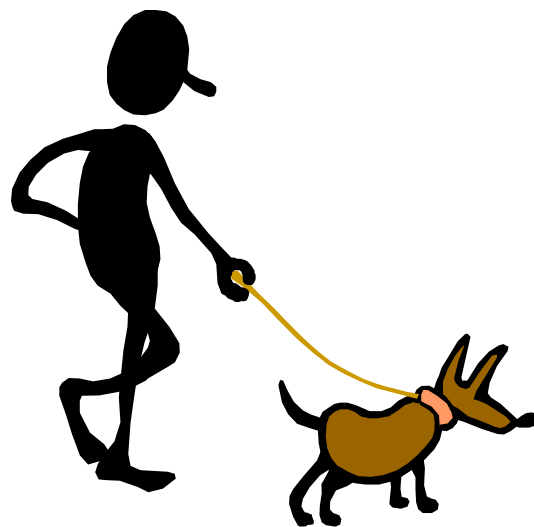
Start the Weekend off Right



Make a Saturday morning
walk a family habit.

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Walk the Dog



A short 10-20 minute walk can burn an additional 100 calories a day!
Do it for the health of your dog and yourself!

Liven Up Your Layovers



During layovers at airports, avoid the mechanized moving carpets that transport travelers from concourse to concourse. If you're in between flights, walk around the concourse as much as you can.

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Go Outside and Play!



Grab a friend or family member, and head outside for some fun in the sun. Play a short game of Frisbee or fly a kite. In 30 minutes you'll burn approximately 100 calories!

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Try Something New



Try taking a Yoga or Tai Chi class to energize yourself and reduce stress.

Eat Nutritious Foods



Choose a variety of nutritious foods every day. Remember that your health and weight depend on both your eating plan and physical activity level.

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Squeeze in Some Stretching



Do calf stretches while riding in elevators. Do side stretches while waiting for the copy machine. Stretch your neck while stopped at a red light.

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Clean Up to Shape Up



Think of housework as a mini-workout. Household chores such as sweeping, dusting, and ironing can burn about 80 calories if done for 30 minutes!

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Walk While Talking



Walk around while talking
on a cordless or cellular
phone.

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Get Out!



Visit museums, the zoo, or an aquarium. You will walk for hours and not even know it!

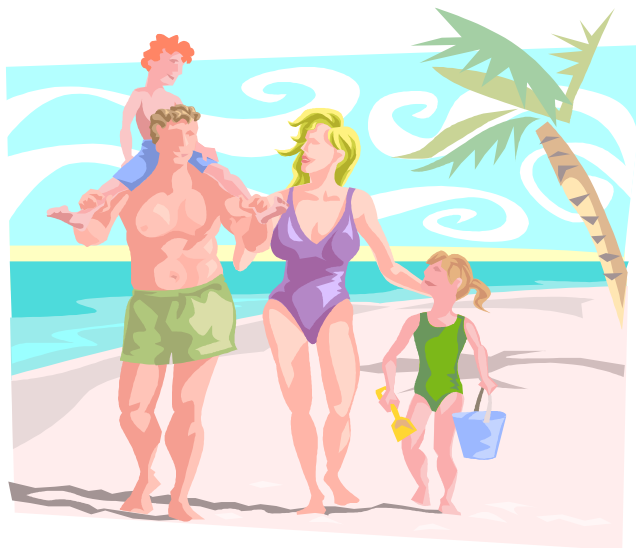
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Drink Up!



Make sure you drink plenty of water before, during and after your workout!

Don't take a Vacation From Exercise



Go sightseeing! Walk around and explore your surroundings. Also, try packing a resistance band so you can still sneak some strength training!

Squeaky Clean and Lean



Instead of taking your car to the car wash do it yourself by hand. Not only will you have a clean car to drive, you'll also burn calories—about 150 calories for 30 minutes!

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Just keep moving!



Prepare yourself for a few lapses, but don't give up! Starting, stopping and restarting is quite common, so don't let it discourage you.

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Exercise at Work



Sitting at a desk all day can make you tired. Put an end to your sedentary trend and try to squeeze in a few leg lifts or arm raises!