

Fourteen Easy Ways to Get More Physical Activity

1. Start today. Go for a walk on your break or after school.
2. Go up and down the stairs. It's a little more work than just walking, and that's a good thing!
3. Park farther away from the school building and from the grocery store, mall, movie theater, bowling alley, or gym. You won't waste gas looking for a closer spot and you'll get more exercise.
4. Walk or bike to work or to do errands, instead of driving the car. This is another way to both improve your health and be green. You might save money, too.
5. Take a longer walk with the dog. You know she wants to and it will be good for both of you.
6. Straighten your classroom, rearrange the furniture, wipe your boards clean, clean your house, mow your lawn, rake leaves, yank out weeds, wash your car or your outdoor furniture. You'll be glad you got your chores done, your world will look great, and you got some exercise too.
7. Dance! Put on music at home or take a dance class, or go out on the town. It's all great activity.
8. Exercise in front of the tv with resistance bands or free weights, a treadmill or rowing machine, or just walk in place. Store your equipment near the television so it's always handy whether you have just a few minutes or enough time for a whole program.
9. Try an exercise video. Borrow from the library to see what you like before you buy one.
10. Add physical activity to your social life. Instead of, or in addition to meeting up with friends for a meal, go for a walk or a hike or a bike ride together or play tennis or golf or basketball. Hold a party at the bowling alley or the skating rink or the rock climbing gym.
11. Add physical activity to your family life. Go for a family walk or bike ride, head for the pool together or play with your kids at the park.
12. Be active for a good cause. Join in fundraising walks or fun runs. Good for you, good for the community.
13. Take a walking break instead of a coffee break. It can help you "clear out the cobwebs" or get the change of scenery or focus you need without the caffeine, and even a few minutes of walking is good for you!
14. Try new things or switch among a few different activities, so you don't get bored with the same old exercise routine. Try an activity that uses different muscles or uses them in a different way (swimming instead of tennis, for example.)

