

HEALTHY EXERCISE TIPS

at Work, Home, or Play

Park farther from your office than necessary and walk the extra distance. If you ride public transportation, get off a stop or two early and walk the difference.

Instead of hiring someone else, do your housework yourself.

Get your heart rate up by working in the garden or mowing the grass. You can also rake leaves, prune, dig and pick up trash.

Before you have breakfast, go for a short walk or take a quick stroll after dinner or do both! Start with 5-10 minutes and work up to 30 minutes.

When you need to run to the corner store, walk or take your bike there instead of driving.



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Instead of asking someone to bring you something, get up and get it yourself.

When talking on the phone, stand up to get your circulation flowing.

When shopping at the mall, wear your walking shoes and sneak in an extra lap or two around.

Stretch to reach items in high places and squat or bend to look at items at floor level.

Take a walk with a co-worker while brainstorming project ideas.

Rather than using the telephone, walk down the hall to speak with someone.



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Take the stairs instead of the elevator, or get off a few floors early and take the stairs the rest of the way.

Join a fitness center near your job and work out before or after work to avoid rush-hour traffic, or drop by for a noon workout.

Schedule exercise time on your business calendar and treat it as any other important appointment.

During lunch or while taking a rest during your day, walk around your building for a break.

Make a date with a friend to enjoy your favorite physical activities and do them regularly.

Walk instead of using a cart while golfing.



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Try the cubicle forward bend as a stretch and attempt at least once every hour. Get out of your chair and stand up. Then bend forward as far as you comfortably can while breathing deeply. Then, grab onto your knees, ankles (or the floor) as your flexibility allows.

Join a walking or running club.

When driving the daily car pool, park the car a few blocks from school and walk the rest of the way with the kids. After they go inside, take a couple of strides around the block, the school grounds or the track.

If you are dropping items off at the dry cleaners, carry your laundry to and from the cleaners from across the parking lot. You'll burn more calories!

While at the grocery store, grab a cart and take a lap around the inside of the store at least once before heading down the aisles. Do some stretching activities while you're waiting to check out.

Push your own groceries out to the car. Take the cart back to the store instead of leaving it in a corral in the parking lot. That will add a few extra walking minutes to your daily goal.

While speaking on the phone, grab your weights and do some arm repetitions. No weights? Use cans or jars from the pantry.

