Physical Activity Tips

How to fit physical activity into your day at home, work, and elsewhere
Finding Time for Physical Activity

- You are busy. Work and family place a lot of demands on you. It doesn’t seem that there is any time to be active. But there is. Find the time during the day when you can be active.

- The same creativity and planning you use in other areas of your life will come in handy when you are finding ways to make your life more active.
Finding Time for Physical Activity

- Begin by being ready for activity whenever you are.
- Buy comfortable clothes you can move around in.
- Keep some in your car.
- Keep a pair of comfortable walking or running shoes in your car and office.
Time

- It’s about *time*.
- It’s about *time*.

They don’t mean the same thing, do they? But they are meaningful when we are talking about physical activity.

- There are little things you can do to increase your *weekly moderate intensity physical activity*. Make physical activity part of your daily commute. Park further from work or get off the train one stop earlier and walk the rest of the way.
Physical Activity at Work

- Ever misplace your keys? You look everywhere and still can’t find them. But when you do finally find them, they were right in front of you the whole time.

- Just like physical activity at work. It’s right in front of you.

- Take the stairs instead of elevator.

- Walk down the hall instead of using the phone or E-mail.

- Take a walk during the morning or afternoon break. Ask a friend to go with you.
Lunchtime Activity Tips

- “What are you doing for lunch?”
  Pretty common question. Take advantage of these lunchtime activity tips. It’ll bring a whole new meaning when you answer, “The usual”.

- Take a walk around the block during part of your lunch hour. Pick some dinning spots 10 to 15 minutes away and walk to and from lunch.
After-Work Habits

- Everyone talks about work habits. What about after-work habits?
- Sneak a brief walk in after work but before you get home. This way you are physically active before you must tend to dinner and other evening obligations.
- Play with the kids. Everybody wins.
- If you find it too difficult to be active after work, try it before work.
- A brief walk is a great way to start off the day.
- Take the dog.
Weekend and Day Off Activities

- Walk up and down the sidelines at your child’s baseball or soccer practices
- Go to the park or zoo with your family
- Walk while doing errands
- Join a weekend line dancing or ballroom dancing group
- Make a Saturday morning walk a family habit
- Or take a family walk after church, mosque, or synagogue
Active Indoor Activities

- Active indoor chores provide a great opportunity to kill two birds with one stone
- You get moderate intensity physical activity and the house gets clean
- Wash your windows, scrub the tub, or reorganize your closet!
Active Outdoor Chores

- Mow the grass or wash the car, and do some for neighbor who may be in need
- Spruce up your garden or plant a new one
- Start slowly at first until staying active for 30-45 minutes becomes easy