

Be More Active: Small Steps to Better Health

Make the Active Choice Every Day



1. Walk to work.
2. Do sit-ups in front of the TV.
3. Walk during lunch hour.
4. Walk instead of driving whenever you can.
5. Take a family walk after dinner.
6. Mow lawn with push mower.
7. Walk to your place of worship instead of driving.
8. Walk kids to school.
9. Get a dog and walk it.
10. Join an exercise group.
11. Do yard work.
12. Get off a stop early and walk.
13. Work around the house.
14. Bicycle to the store instead of driving.
15. Take the dog to the park.
16. Go for a half-hour walk instead of watching TV.
17. Sit up straight at work.
18. Wash the car by hand.
19. Pace the sidelines at kids' athletic games.
20. Choose an activity that fits into your daily life.
21. Park further from the store and walk.
22. Ask a friend to exercise with you.
23. Make time in your day for physical activity.
24. Keep a pair of comfortable walking or running shoes in your car and office.
25. Walk briskly in the mall.
26. Make a Saturday morning walk a group habit.
27. Choose activities you enjoy and you'll be more likely to stick with them.
28. Explore new physical activities.
29. Vary your activities for interest and to broaden the range of benefits.
30. Reward and acknowledge your efforts.
31. Take stairs instead of the escalator.
32. Swim with your kids.
33. Walk instead of sitting around.
34. Take your dog on longer walks.
35. Walk the beach instead of sunbathing.
36. Walk to a co-worker's desk instead of emailing or calling them.
37. Exercise with a video if the weather is bad.
38. If you find it difficult to be active after work, try it before work.
39. Take a walk or do desk exercises instead of taking a sit down break.
40. Perform gardening or home repair activities.
41. Avoid labour saving devices.
42. Take small trips on foot to get your body moving.
43. Play actively with your kids 30 minutes a day.
44. Dance to music.
45. Take the long way to the water cooler.