

INCREASE YOUR DAILY MOVEMENT!



1. Park farther away from the store.
2. Take the stairs instead of the elevator. (Start with one flight at a time.)
3. Take the stairs instead of the escalator.
4. Do not use drive-through for banking, food, cleaning, etc.
5. Carry your own groceries out to the car.
6. Walk the length of the house and back while talking on the telephone. Walk for the whole conversation.
7. Do abdominal crunches (sit-ups) while watching your favorite TV program.
8. Ride your indoor bike or use your treadmill while watching the morning or evening news (or favorite soap opera).
9. Do floor exercises while watching TV. Include the children.
10. Exaggerate movement while cooking and cleaning such as stretching longer when reaching up to a cupboard, do small knee bends (use support if needed) when stooping to get a dish or cleaning supplies.
11. Do housework or yard work.
12. Flex buttocks muscles while standing in line at the grocery store or bank.
13. Shuffle from foot to foot while standing in lines.
14. Fidget while sitting in a class or seminar or church service (shift position, stretch neck or back).
15. Take short five-minute walks 5-6 times a day.
16. Stretch with the kids 5-10 minutes every night.
17. Walk to the mailbox instead of driving by mailbox on the way home.
18. Walk to the corner 2-3 times per day.

19. If unable to walk, do passive exercises while sitting in the chair like leg or arm lifts.
20. If you sit in front of a computer, take frequent stretch breaks.
21. Plan more family activities that involve movement such as bowling, playing miniature golf, plan a picnic and play hide and go seek, chase your kids or your spouse, play hula hoop, jump rope.
22. Go dancing.
23. Engage in family sports, like shooting hoops or throwing a football or a game of baseball.
24. Take the dog for a walk.
25. March in place while watching TV.
26. Lose the remote control.
27. Get off the bus a stop early.
28. Choose active vacations.
29. Avoid using the children as "fetch-its".
30. Take the long way around.
31. Answer the phone in another room.
32. Hand deliver messages.
33. Use a bathroom farther away.
34. Move during commercials.
35. Wash the car by hand.

ETCETERA!

We live in a sedentary society. Everything is done for us. Obesity is an epidemic because we have stopped moving. Get creative. Every single time you can think of it, get in some extra movement, an extra few steps, or stretches. This is good advice for the whole family.