

Revving Up Your Daily Routine

You can get health benefits from only 30 to 60 minutes of vigorous physical activity five days a week. You can do one activity continuously—for example, from 3 to 4 pm. Or you can do several activities in a day—for example, 15 minutes at 6:30 am, 30 minutes at noon, and 15 minutes at 8 pm. Here are ways to get more active:

At Home

- Vacuum, dust, and sweep at a brisk pace. Make housework a workout. Get done in half the time!
- Play actively with your kids. Set aside places in the house where it's ok to run, jump, dance or tumble.
- Create games with your family to get household chores done.
- Put a limit on the number of hours spent in front of the TV or computer. Almost anything else you do besides TV-watching or net-surfing will be more physically active!
- Exercise along with a television exercise program, or stretch and do exercises while you watch TV.
- Borrow an exercise video/DVD from your local library. You may have to preview several to find one you would buy to use.
- Do yard work: rake leaves, shovel snow, weed the yard, mow the lawn.
- Plant a flower or vegetable garden. (See page 43 for information on gardening.)
- Walk the dog briskly twice a day.

At Work and Around Town

- Take the parking spot farthest from the building entrance.
- Take the stairs instead of the elevator.
- Instead of a coffee break, take a “stretch” break. Do five minutes of stretching exercises to boost your alertness.

- Walk over to co-workers' offices or desks instead of using intercom or e-mail.
- Take a 10-minute walk during lunch break.
- Walk or ride a bike for short errands.
- When shopping at the mall, take a fast walk from one end of the mall to the other before you buy your first item.
- Keep a pair of comfortable walking shoes in your car or office to be ready for activity at all times.