

# Revvng Up Your Daily Routine

You can get health benefits from only 30 to 60 minutes of moderate physical activity five days a week.

Here are ways to get more active at home:

## *At Home*

- Create games with your family to get household chores done.
- 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. Turn up the music and dance.
- Put a limit on the number of hours spent in front of a screen: the TV, computer, smart phone, tablet, etc.
- Borrow an exercise video/DVD from your local library or exercise along with a television exercise program.
- Take family walks after dinner.
- Take your dog for walks.



- Do yard work: rake leaves, shovel snow, weed the yard, mow the lawn.
- Plant a flower or vegetable garden. (See page 39 for information on gardening.)



### ***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 phone 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.