A FEW CHANGES CAN HELP YOU GET MORE PHYSICAL ACTIVITY

FITTING — IN — FITNESS

HOME

- **Jumping Jacks**
  - During Commercial Breaks

- **Do Your Own**
  - Home Improvement Projects

- **Walk Around the House**
  - When on the Phone

WORK

- **Take the Stairs**
  - Instead of Elevator

- **Walk to a Coworker's Desk**
  - Instead of Calling

- **Set Up Walking Meetings**
  - Outside of the Office

ON THE GO

- **Park the Car Farther Away**
  - To Increase Walking Distance

- **Bike to Work**
  - When Possible

- **Add a Few Blocks**
  - When Walking the Dog

- **Carry Your Food**
  - When Shopping for Light Groceries