

STEP INTO SHAPE



AT SCHOOL

10 tips for increasing physical activity at school

- 1 Walk to school/work
- 2 Always take the stairs
- 3 Go to the bathroom farthest from your classroom
- 4 Have a walking class, or standing class
- 5 Take a 15-minute dance break during class
- 6 Walk with a friend on the track at lunch
- 7 Take the “scenic route” to your next class or to the office
- 8 Start an after-school walking club
- 9 Take a 10-minute fitness break –stretch, do leg lifts, wall push-ups, jumping jacks, or walk in place
- 10 Wear a pedometer–aim for 10,000 steps