

STEP INTO SHAPE



IN YOUR COMMUNITY

10 tips for increasing physical activity around the neighborhood & at home

- 1 Take a walk with a friend or your dog
- 2 Walk to your destination
- 3 Park far away from an entrance
- 4 Mow the lawn or vacuum the house
- 5 Walk around the park, field or track while your children play sports
- 6 Take the stairs whenever available
- 7 Pace around or do leg lifts while on the phone
- 8 Start a neighborhood walking group
- 9 Make commercial breaks a fitness break –stretch, do leg lifts, wall push-ups, jumping jacks, or walk in place
- 10 Wear a pedometer–aim for 10,000 steps