

Strategies:



10 ways to add physical activity to your day

A great way to control your weight is to increase your level of physical activity. Look for ways to walk and move around a few minutes more each day. It doesn't have to be a lot more – even a bit of added activity helps.

- Ⓜ Take the stairs instead of the elevator or escalator for at least a few floors.
- Ⓜ Walk or bike to nearby destinations instead of always driving.
- Ⓜ At the mall, park your car farthest from where you intend to shop.
- Ⓜ Get off the bus a few blocks early or park three blocks from work.
- Ⓜ Exercise while watching television, especially during commercials.
- Ⓜ Hide your remote control and get up to change TV channels or adjust the volume.
- Ⓜ Busy yourself with housework, such as vacuuming, washing the floors, polishing the furniture or washing the windows.
- Ⓜ Take your dog for a walk.
- Ⓜ Work in the garden or yard, such as weeding or pruning the bushes.
- Ⓜ Wash or wax the car in your driveway rather than take it to the automatic carwash.

10 more ways to add physical activity to your day



- Ⓜ Go for a short walk before breakfast and after dinner.
- Ⓜ Several times a day, take a few moments to move around and stretch your legs, regardless of what you're doing.
- Ⓜ If you have a cordless phone, walk around the house while you talk, or at least stand rather than sit.
- Ⓜ Participate in your kids' activities at the playground or park.
- Ⓜ Spend time in our yard planting flowers, pulling weeds, mowing or raking.
- Ⓜ Put aside kitchen appliances or power tools when ever you can. Instead of using an electric mixer, mix ingredients by hand.
- Ⓜ Instead of a power saw, use a handsaw.
- Ⓜ Clean up the garage or organize your closets or kitchen cupboards.
- Ⓜ Avoid restaurant drive-throughs. Park the car and walk inside.
- Ⓜ Go shopping. You don't have to buy anything, just walk the aisles and look at the items.
- Ⓜ Walk from hole to hole at the golf course instead of using a motorized cart.

Credit: Mayo Clinic on Healthy Weight for Everybody by Donald Hensrud, MD