

Move More!



We've all heard it, we know we need to do it. Try these easy ways to incorporate exercise into your daily routine.

- Take the stairs instead of the elevator or escalator.
- Get off the bus a stop early and walk.
- Walk briskly in the mall.
- Take the dog on a longer walk.
- Park further from the store and walk.
- Do yard work: rake, weed, garden, shovel snow.
- Wash the car by hand.
- Wash the dog by hand.
- Clean around the house: vacuum, mop, clean windows.
- Clean the gutters.
- Do sit-ups while watching TV.
- March in place while folding laundry.
- Play with the kids outside for 30 minutes.
- Pace the sidelines at the kid's athletic games.
- Try an exercise video.
- Sweep the driveway or sidewalk rather than using the blower.

If you are up to a greater challenge, consider participating in the President's Challenge, the nation's physical activity, fitness and nutrition program. It is filled with easy-to-use tools and friendly motivation.

Check it out @ www.presidentschallenge.org

