

How can we add more fitness into our busy lives?

1. Walk or ride a bike to places you are going to instead of using a car.
2. Park farther away from a store entrance to add more steps in towards getting 10,000 steps a day.
3. Use the stairs instead of an elevator or escalator to get more steps in towards your daily goal.
4. Sit on a stability ball instead of a chair to work on your Core strength.
5. When watching television, use the commercial time to do a variety of exercises, like push-ups, curl-ups, stretching, or jogging in place.
6. Cleaning the house, washing the car, and doing yard work also counts as exercise.
7. Go for a walk after dinner as a family. Think family, fitness, and fun!
8. Use your local parks and playgrounds to get out and work towards the recommended 60 minutes a day of physical activity.
9. Act silly and dance to your favorite music while hanging around the house.
10. Do some exercises before you go to bed or when you wake up in the morning.

**Remember, small amounts of exercise throughout the day can really add up! **