



Small amounts of physical activity make a big difference!

When you are:

Sitting

Standing and waiting

Walking somewhere

Waiting for an elevator

Bored

On the phone or the computer

Watching TV

Driving your car

Sitting somewhere that you can't stand up

Listening to music

Having a conversation with someone

Doing dishes, cooking or folding laundry

Try to:

Stand

Walk or pace

Walk a little quicker to get your breathing a bit faster

Take the stairs for at least one floor

Go for a walk

Stand and march

Stand and march, move your arms up and down, do 10 situps, do 10 squats, pace around the house during commercials

Squeeze and relax your abdominal muscles as much as you can

Tap your toes, fidget with something in your hands, swing your knees back and forth

Dance, even just a little!

Talk while walking instead of sitting

March in place