



For Health / For Wellness / For Life

Taking Steps in the Right Direction

The goal is to get active and stay active. I encourage you to incorporate some of these everyday kinds of physical activities into your daily routine. These ideas provide a wide variety of ways to help you, your family and friends get on the move and stay on the move.

- Whenever possible, take the stairs instead of the elevator.
- Walk into a bank, restaurant or other business instead of using the drive-through window.
- Get off the bus several stops from your destination and walk the rest of the way.
- Walk indoors when the weather is bad. Many malls and community centers encourage walkers.
- Take an evening walk with your children.
- Don't use the moving walkway in the airport. Let your feet carry you to the gate.
- Use a cordless phone and walk while you talk.
- Go to the bathroom on a different floor than the one you are on.
- Get up and walk between meal courses.
- Iron while you watch TV.
- Walk to your neighbor's house instead of driving.
- Play catch or hide-and-seek with your kids.
- Play catch with the dog and take the dog for more walks.