

Create A Move More Environment

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Here are some tips to create a “Move More” environment for you and your family.

- Run errands without using the car—go to the bank, video store, dry cleaner, or convenience store on foot.
- Place your stationary bike or treadmill in a convenient place and set specific times to use it, like in the morning before work or school, or while watching your favorite TV programs.
- Leave the room during TV commercials. Use the break to put away dishes and laundry, or accomplish other tasks that add movement and help boost your daily steps.
- Walk while talking on the phone. Take your cell phone with you on a walk around the neighborhood.
- Make a morning or evening walk as regular a part of your routine as brushing your teeth.
- Make TV time work for you and your family. Everyone can increase their physical activity by jogging in place, doing jumping jacks, crunches, push-ups, and other exercises that use body weight.
- If you live close enough, walk your kids to school. It’s a fun physical activity for people of all ages, and helps conserve natural resources and protect the environment.
- Spend leisure time with your family by being active. Play tag, basketball, soccer, or ride bikes.
- Plan an active morning to keep from hitting the snooze button. Move your clock so you have to get out of bed to turn off the alarm. Have clothes out and ready for your walk or other activity, and post a reminder to yourself so you’ll see it when you wake up.
- Most people have the urge to be a couch potato now and then. If you’re feeling fatigued at the end of the day, go for a quick walk as soon as you get home. You’ll feel more energized and will be less likely to spend the evening on the sofa.