



**Build physical activity into your day.  
Make it easy.  
Make it fun!**

**At work:**

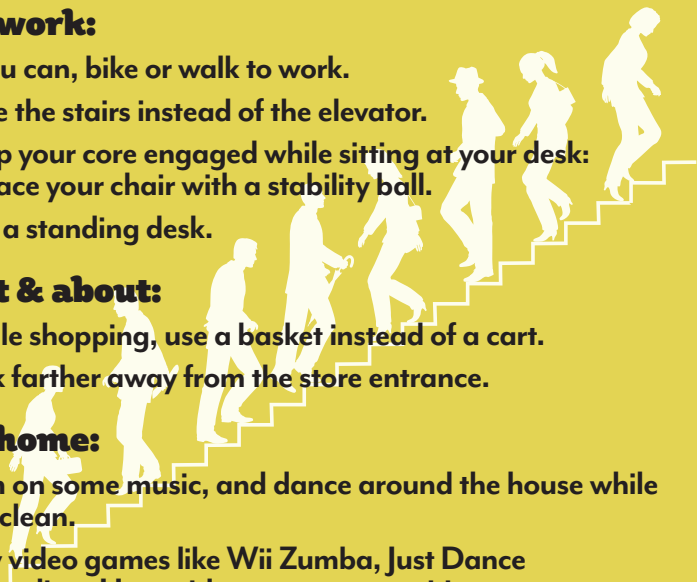
- If you can, bike or walk to work.
- Take the stairs instead of the elevator.
- Keep your core engaged while sitting at your desk: replace your chair with a stability ball.
- Use a standing desk.

**Out & about:**

- While shopping, use a basket instead of a cart.
- Park farther away from the store entrance.

**At home:**

- Turn on some music, and dance around the house while you clean.
- Play video games like Wii Zumba, Just Dance or Bowling. Have video game competitions with friends!



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