

## HEALTHY TIPS FOR HOME

1. **Walk!** You can do it anywhere, anytime. Explore your neighborhood and let your *feet* do the talking!
2. *Hungry?* Help **prepare meals!** Not only will you be up and *moving*, but dinner will also be ready sooner!
3. **Gardening!** Discover your green thumb as you nurture life and see it *grow!*
4. *Throw out the remote!* Instead, increase your movement by getting up to **turn the channels.**
5. **Yard covered** in leaves? **Rake them!** It's a *fun and productive* way to get moving (you can even jump in them when you're done ☺)
6. Video Games: **Play standing up.** When you get *tired*, you 1.) know it's time for a break... and 2.) to find something else that's **FUN** to do!
7. Car full of groceries? Offer to help unload **the car.** It's good exercise, **AND** thoughtful!
8. Like Music? Try out your best dance moves while you listen to your *favorite* songs! **Dancing** is a *great* (and **FUN**) way to increase movement ☺
9. **Vacuum:** Yes, that's right, we said Vacuum.... The faster you move, the *faster* you finish!
10. **Watching TV?** Make good use of commercial time by being active: run in place, up and down the stairs, do jumping jacks, see how many times you can run to your room and back until your show comes back on. You'll be *increasing* movement **AND** making commercial time go by faster!
11. **Stretching!** It's great for your body. Take 10 minutes in the morning to stretch and get your body ready for its big day, and again before bed to help *unwind AND relax!*
12. Have a **bike?** **Ride** it around your block, with your friends, to the park, or to school and back... wherever you can find a smooth and *safe* area. You're **NEVER** too old to ride your bike!
13. Puppy dog eyes... your pet may be just as *bored* as you are sometimes. Grab his leash and **take him for a stroll!** The fresh air will be great for *both* of you!



## COMMUNITY RESOURCE IDEAS

- ❖ **Community & Recreation Centers, YMCAs:**
  - Indoor: Play in the gym, work out in the weight room, run around the track or swim in the pool
  - Stop by to see what fun **leagues or classes** they have to offer! You can even **be creative**: take a painting session, music lesson, photography class, join a bowling league... find the one that's right for you! Activities in your community will always involve **more movement** than staying at home.
  - Outdoor: Like to play outside? Rec centers have many opportunities for you to be involved in year round sports leagues. Not interested in organized sports? Most rec centers have playgrounds and walking paths that are available for you to use to **stay active!**
- ❖ **Shopping**
  - Need something from the store? **Park far away**, walk a couple laps around the perimeter of the store before beginning, and *keep those feet moving!* **Use baskets** instead of carts and remember, stick to the list... less is more! 😊
- ❖ **Stairs-** Going up? Whenever possible, take stairs instead of elevator.
- ❖ **Library:**
  - Like to read? **Walk or bike** to your local library to check out new releases or old favorites! Many libraries have evening and weekend programs for every age group!! What does yours offer?
  - Want to spice up your activity level at home!? Libraries have Health & Fitness sections with a **variety of work out videos**: yoga, pilates, tai bo, kick boxing, dancing... find **YOUR** favorite!!!
- ❖ **Parks:**
  - Warm weather? Go to the beach to **swim, play catch**, sand **volleyball**.... Cast a line in designated **fishing** areas, fly a kite, find the **playground**, use the **picnic** areas or a shade tree to have lunch. Remember to give your tummy 30 minutes to digest your meal before splashing back into the water (perfect time for taking a walk)!!
  - Cold outside? Bundle up and take your pet for a **walk**, make a **snowman, snow angel**, go on a **scavenger hunt** with your family and friends, or see who can **pick up** the most **litter** in 20 minutes! You'll be *keeping active and* making your park beautiful!
- ❖ **Bike Trails:**
  - Go for a **bike ride**, take a **walk, roller blade**: choose a movement that you will enjoy. Like music? Put your ear phones in and **listen** to your favorite songs, get some fresh air, and **energize** your body!!
- ❖ **Skating**... ice skating, roller skating, rollerblading, skateboarding. Indoor OR outdoor. Never tried it before? There is no better time to try something new, than **now!**

