

- ◆ Instead of parking your bike or car close to the entrance, find a spot away from the door. Walk the longer distance.
- ◆ When you can, take the stairs.



Use your
muscles



**Play hard!
Have fun!**



HAVE FUN!!!

Keep active.

Don't sit in one place too long.

Get involved in a physical activity.

Plant a vegetable garden. All that digging, hoeing and weeding helps you get fit. Bonus: You'll reap the best-testing veggies ever!



Gardening



ON THE GO...

Buy a street map.

Learn about a new bike path.

Find new or longer ways to walk home,
visit friends or walk the dog.



Keep moving

