Take your dog for a walk (even if you don’t have a dog) … and 16 other tips for including movement in your life

- Park in the farthest spot (or park so you can walk part way)
- Use the stairs instead of the elevator
- Consider walking or cycling to work (one or both ways)
- Give up your favorite TV show and walk
- Take advantage of movement opportunities at summer events such as picnics
- Set up (and use) exercise equipment near your phone, TV, stereo or reading rack
- Walk with a friend during lunch
- Consider the new “power lunch” - walk during a meeting
- Play actively with your kids
- Dance!
- Take an active vacation
- Cancel your newspaper subscription and walk to the store for your paper
- At work, use email and the phone less; use your feet more
- Skip the drive-through
- Trade in your after dinner coffee for an evening stroll
- Keep a comfortable pair of shoes in your car or office