

Physical Activity

In this resource packet you will find:

- [Ten Ways to Fit Fitness into Every Day](#)
- [Walking Works Wonders](#)



Visit the following websites for more tips & resources

- Fit City Challenge: www.fitcitychallenge.org
- Eat Smart Move More: www.myeatssmartmovemore.com

Ten Ways to Fit Fitness into Every Day

1. Put on some comfortable shoes

Feet were made for walking. Find a comfortable pair of shoes and try to walk at least 30 minutes a day.



• 2. Put on some music

- Hate to exercise? Try dancing! Your favorite tunes can help you pick up the pace and enjoy moving more.



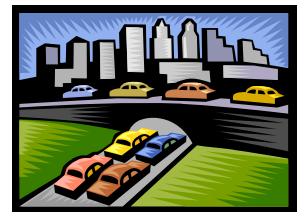
• 3. Use your legs - instead of the telephone

- Need to talk with a co-worker down the hall? Hang up the phone and take a short walk to have your talk. Every step counts!



• 4. Use your legs - instead of the car

- For short errands, walking can be as fast (or even faster) than driving, waiting and parking. Plan to park in one place and walk to several stores.



• 5. Lift more

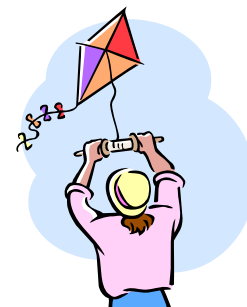
- One easy way to pump up arm muscles is to keep a set of weights (5 to 10 pounds) at your desk, near the TV or under the couch. Lift while you talk, watch TV or read.



Ten Ways to Fit Fitness into Every Day

6. Play more

Bounce a ball, fly a kite, swing on a swing, chase a child. There is no end to the fun when you play to get fit. Need playful ideas? Ask a kid!!!



7. Put on a pedometer

These tiny step-counters are an important piece of fitness equipment. While there is no "magic" number of steps, 10,000 per day is a great goal.



8. Use your legs - instead of the elevator

Need to go upstairs or downstairs? Forget the crowded elevator! The stairs are an easy way to build strong leg muscles.



9. Fidget more

The experts say it's true - fidgeting burns calories. Forget about sitting still at your desk - wiggle, squirm, standup, move around as much as you can.



10. Stretch more

A few good stretches can help relax your body and your mind. You can stretch while working at a computer, watching TV or even driving a car.



Source: National Nutrition Month® - March 2004

Adapted by the NC NET Program from Eat Right Montana materials

Walking Works Wonders

Want to lose fat, get fit and have more energy? Want to improve your blood pressure, blood sugar, blood cholesterol and reduce your risk of disease? Amazingly, you can get all these benefits (and many more) from just putting one foot in front of the other!

1. WALK regularly

The key to fitness is consistency. Start by walking to work, walking to school, walking at lunch or walking around the block. Make your walk a top priority - and aim for walking at least five days a week.



2. WALK 10,000 steps a day

Research shows that walking 10,000 steps a day is all it takes to reduce stress, improve health and reduce the risk of disease. With an inexpensive pedometer, it's fun (and easy) to see how quickly your steps add up from simple changes like taking the stairs.



3. WALK for transportation

Using your legs instead of a car is one of the most efficient ways to fit fitness into your day. Try walking to the grocery store, the post office or the restaurant. Or you could always park your car farther away from your destination and walk.



4. WALK for fun

A daily walk can do double duty as a daily dose of companionship with friends, a time to connect with family or a way to keep your pets strong and healthy.



5. WALK outside

In almost any weather, walking outside is possible with the right clothes and shoes. Look for safe sidewalks, country roads and parks. Athletic fields are also fun to walk around.



6. WALK inside

Remember, every steps counts - every step around the house, around the office or around the mall. Walk around the house during TV commercials or around the mall before or after a shopping trip.

