



# 101

WAYS TO GET  
MORE

**EXERCISE**

Set fitness goals ■ Carry your own groceries ■ Start a walking program ■ Volunteer for active chores ■ Use a stationary bike at home ■ Paint a mural ■ Plant a garden ■ Sweep or vacuum daily ■ Do sit-ups while watching TV ■ Fly a kite ■ Go canoeing ■ Rake leaves ■ Shoot some hoops ■ Wash your car by hand ■ Ride a bike instead of drive ■ On car trips, stop to stretch & stroll ■ Do pull-ups ■ Play table tennis ■ Contract your buttocks while waiting in check-out lines ■ Do salsa aerobics ■ Learn to dance ■ Roller skate ■ Tighten your stomach muscles while sitting ■ Play catch ■ Work out with fitness shows on TV ■ Do jumping jacks ■ Park away from your destination & walk ■ Wash windows ■ Lift hand weights while talking on the phone ■ Walk circuits around the shopping mall ■ Stretch while using the computer ■ Offer to help others lift & carry ■ Take a guided tour of your favorite museum ■ Redecorate ■ Go horse-back riding ■ Build a snowman ■



Answer the phone that's farthest away ■ Go swimming ■ Clean out the garage ■ Go on fund-raising walks ■ Play horseshoes ■ Take a nature walk ■ Go sledding ■ Walk on the beach ■ Go dancing ■ Walk your dog ■ Walk a neighbor's dog ■ Turn your mattresses ■ Jump rope ■ Walk on coffee breaks ■ Organize office exercise breaks ■ Use the stairs, not elevators or escalators ■ Learn to juggle ■ Take up karate ■ Ski ■ Do step aerobics ■ Go camping ■ Join a bowling league ■ Explore a state park ■ Play volleyball ■ Walk through the zoo ■ Play miniature golf ■ Go ice skating ■ Take light weights on business trips ■ Play Frisbee® ■ Join a gym ■ At work, arrange to have walking meetings ■ Walk before dinner ■ Walk after dinner ■ Work in a community garden ■ Join active hikers' or bicyclists' groups ■ Pull weeds ■ Play racquetball ■ Join a neighborhood clean up ■ Avoid drive-up windows—walk into banks instead ■ Stretch at your desk ■ Take a brisk walk at lunchtime ■ Mow your lawn with a push mower ■ Do the dishes by hand ■ Learn to play golf ■ Row, row, row ■ Schedule family hikes or bike rides ■ Work out to fitness videos ■ Clean out your closets ■ Play softball ■ Walk to deliver messages at work ■ Try a yoga class ■ Play tennis ■ Join in a parade ■ March in place during TV shows ■ Take morning jogs with friends ■ Roller blade ■ Pack up items for donations ■ Hold a garage sale ■ Play paddle ball ■ Have a Hula Hoop® contest ■ Play tag with your kids ■ Dust, dust, dust ■ Walk for short errands ■ Keep track of your progress ■ Celebrate reaching your goals!