

10 Strategies to Increase Physical Activity

Regular physical activity means: feel good, look good, be fit.

1 **Walk around while you're on the telephone.**
You'll get a good workout if it is a long conversation.



2 **Use the stairs instead of the elevator or escalator.**
These are great conveniences, but they make us very lazy. Also, it may be quicker to take the stairs than to wait on an elevator to open.

3 **Do your own fetching.**
If you need something from the kitchen, the TV channel changed, the mail or newspaper from the driveway, walk and get it yourself. Adding a little walking to your day will do wonders for you.

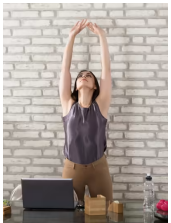
4 **Turn on some music and dance.**
Again, the more you move, the better you will feel and the more weight you lose.

5 **Don't stand around; walk around.**
If you can walk around, then do it. People who are pacers are actually doing themselves a lot of good because they are constantly moving. Pacing also helps you think.

6 You can walk anywhere if you have time. If work or the grocery store is not far away, consider walking there or riding a bike. It may take you longer, but you're getting your workout in at the same time.

7 **If you have a job where you sit the whole time, stand up and stretch every half hour or so.**

Most of today's jobs are in front of a computer and require you to sit. If you have a job like this, make it a point to move every so often.



8 **You take public transportation, get off a block before your stop and walk the remainder of the way.**

This is a good way to squeeze in a walk before and after work or on the way to another destination.

9 **Lean against the wall so that your face is close and then use your hands to push your body away. Do this three or four times to stretch.**

10 **Suck in your stomach when you walk.**
Walk properly, but do your best to keep that stomach tucked in. You will soon begin to feel those muscles tightening.

