



Easy Ways to be More Active



Overview

You want to be healthier, but you just can't seem to find time to focus on fitness. Well, don't get frustrated. You don't have to join a gym or an aerobics class to be physically active. There are some simple things you can do every day to get in shape.

At home

First, try to get more steps each day. You can start without even leaving your home. Get up and do housework. Instead of sitting when you're on the phone, walk while you talk. If you have exercise equipment at home, use it. Working in your yard is a great way to get some exercise. And for more steps, try to take a few short walks during the day. Pick a hilly route if you can. Gradually increase your pace and distance.

Out and about

Think about things you can do when you're out and about, too. Choose stairs instead of the elevator. Instead of driving, consider walking or riding a bike. Ride a bus, but get off one stop early and walk the rest of the way. And even when you drive, don't choose the closest parking space. Parking in the back of a lot lets you get in a few extra steps.

Think bigger

Try to think more broadly, too. Explore your area. Go see sights that you haven't yet seen. Maybe there's a walking tour or a bike tour near you. When you're deciding on outings or vacations, try to pick things that include physical activity. With a little planning and a few changes in your routine, you'll be on the path to better health in no time.