



Stay active by accident



	WHY WOULD I DO THAT?	HOW CAN I DO THAT?
INCONVENIENCE YOURSELF	A little extra effort will help burn extra calories each day.	Hide your TV remote so you get up from the couch to change the channel or adjust the volume.
		Park your car far away from the entrance of your destination.
		Skip the elevator and take the stairs.
FIND ACTIVITIES YOU ENJOY DOING	You'll be having so much fun that you won't realize you are exercising.	Go dancing.
		Play Wii or Kinect to get moving.
		Set up a game of bocce ball or croquet in your backyard.
MAKE ACTIVITY A SOCIAL EVENT	Getting others to join you helps maintain relationships while making activity easier to sustain.	Ask a friend to join you for a stroll.
		Play with your kids/grandkids.
		Take Fido for a walk.
WORK AROUND THE HOUSE	You'll accomplish the reward of being both productive and active.	Vacuum, scrub or mop the floor.
		Plant a garden or weed your flower beds.
		Paint a wall or do that repair you've been putting off.