

FUN TIPS

We all know great ways to get physical – jogging, rollerblading, hiking, skating, skiing and so on, but try these other easy and fun ways to get you – and your loved ones – active.

A LITTLE BIT GOES A LONG WAY!

- ☞ Park at the farthest end of the parking lot at the mall
- ☞ Take the stairs instead of the escalator or elevator
- ☞ Get off the bus a couple of stops early and walk the rest of the way to your destination
- ☞ When you're ready to go to the checkout, do another lap around the mall or grocery store
- ☞ Carry your groceries
- ☞ Participate in a charity walk, ride or run

WITH YOUR FAMILY AND FRIENDS

- ☞ Walk your dog and invite your family and friends to join you
- ☞ Throw on a fun upbeat CD or turn on the radio and dance to the music for at least 10-15 minutes
- ☞ Walk to the store
- ☞ Start a walking club with your neighbours and friends
- ☞ Attend community events and fairs that offer physical activity opportunities
- ☞ Join a sports league together

WITH YOUR KIDS

- ☞ Get them to help wash and wax the car
- ☞ Go out and play with your kids - play tag or catch, shoot hoops, kick the can, skip rope, jump hopscotch or hula hoop
- ☞ Organize a neighbourhood game of baseball with your kids
- ☞ Make a snowman, snow fort or igloo
- ☞ Walk them to daycare, school, or a friend's house
- ☞ Have a snowball fight
- ☞ Fly a kite
- ☞ Go to the local swimming pool
- ☞ Get them a newspaper delivery route
- ☞ Play a game of golf or miniature golf
- ☞ Participate in a community charity walk
- ☞ Volunteer to coach one of their sports teams
- ☞ When watching your kids play sports, don't sit on the sidelines, walk around the field/stadiums
- ☞ Take a bike ride
- ☞ Go for a nature hike
- ☞ Go fruit picking
- ☞ Build an inukshuk
- ☞ Take advantage of local parks and community recreation and sport facilities

FUN TIPS (cont...)

WITH YOUR PARTNER

- ☛ Go dancing
- ☛ Get up half an hour earlier in the morning and go for a walk together.
- ☛ Make love

AROUND THE HOUSE

- ☛ Garden - prune, plant, water
- ☛ Paint
- ☛ Use a push mower instead of a power mower
- ☛ Rake leaves
- ☛ Shovel the snow
- ☛ Clean out the garage or attic
- ☛ Make housework fun! Dust and vacuum to your favorite music and dance along the way.

AT WORK

- ☛ Encourage co-workers to go for a short, but brisk walk at lunch
- ☛ Instead of sending emails at work, walk to visit the person or hand deliver messages
- ☛ Replace your coffee breaks with walking breaks
- ☛ Organize a recreational softball or baseball team at work and join a league