



## What is “Lifestyle Physical Activity?”

“Lifestyle Physical Activity” is the concept of becoming more physically active through activities that you already do everyday. It’s not about going to a gym or sweating on a treadmill-- It’s about becoming a more active person throughout the course of your day. Scientific studies have shown that you do not need to set aside a block of time for intense exercise in order to get health benefits from physical activity. As little as 5 minutes at a time of moderate activity, with a goal of accumulating 30 total minutes over the course of a day, increases your fitness level and lowers your risk of disease. It will also make you feel more energetic and less stressed.

### Lifestyle Fitness Tips

Pick several activities that you think you could do from the following list. Try to add them to your daily activities every day. Being active can help you cope with stress better and can make you feel better about yourself.

Not all of these tips are for everyone. Find the ones that work for you and do them as much as you can. Above all, have fun!

#### At Home:

- Walk in place or around the house during television commercial breaks— you’d be amazed at how much extra activity you get each day! With 4-5 commercial breaks per hour of television and each break lasting 3-4 minutes, walking during commercials quadruples your energy expenditure compared to just sitting while watching television.
- Hide your remote control. Getting up to change the television channels increases your activity and makes television watching less “mindless.”
- Walk the dog. If you don’t have a dog, walk with your spouse, kids, or a neighbor.
- Walk to the mailbox.
- Ride your bike to work or the store.
- At times when you are used to watching TV or snacking, do something active instead.
- Take a family bike ride, take a walk, or just walk in place.
- Play active games with your children, like tag or frisbee.
- Play miniature golf or go bowling instead of going to a movie.
- “Pace” while you talk on the phone.

- Do household chores by hand: wash your car, mow the lawn, weed the garden, chop firewood, or sweep the front walk, shovel snow, or rake leaves by hand.
- Walk with a friend, neighbor, your spouse, or kids. If you can't walk around your neighborhood try walking in a mall or church.
- Get a jump rope and jump at home.

**At work:**

- During breaks, take a walk around the office or around the building.
- If you work at a desk, put your trash can in an unhandy place so that you need to get up and move around several times each day.
- If you need to talk to a coworker, get up and walk to his or her office instead of using E-mail or the telephone.
- If you work standing up all day, try walking in place to keep your energy level up.
- Use a restroom on a different floor.

**Anywhere:**

- Take the stairs instead of the elevator or escalator. (If going up is too hard, start with just taking the stairs down and build up to going both ways).
- Instead of spending time driving around until the closest spot opens up, park your car further away and walk.
- Get off the bus a few blocks early and walk the rest of the way.
- Walk to the bank instead of using the automatic teller machine.
- Take a "lap" around the mall when shopping.
- Join a community walk-a-thon or bike-a-thon. You'll help others while helping yourself.
- Above all, look for opportunities to have fun and be active everyday. Find movements that you enjoy and that fit into your lifestyle, like dancing, gardening, yoga, walking, or swimming. Celebrate the inner strength and sense of well-being that come with allowing your body to experience the freedom of movement.