

Tips for Fitting in Activity

To fit in activity anytime:

- Be as active as you can throughout the day. If you get the chance, stand instead of sit, and walk instead of ride (whether the car, public transport, elevator or lift).
- At your desk, while in the queue, at home while watching TV, and while cooking do an exercise or two.
- Break activity into 10-minute chunks.
- Plan to be active, and make it a priority.
- Try changing things around in your day to make time. Get up 30 minutes sooner so you can walk before work or have dinner/supper 30 minutes earlier so you can walk after dinner.
- Plan a family activity after dinner. Play music and make up your own exercises and dance steps.



To fit in activity while you get to places:

- Get off the bus or train one stop early and walk fast the rest of the way.
- When you have to walk as quickly as possible.
- Use a backpack instead of shopping bags when carrying groceries – carrying the extra weight is good exercise!
- Take a taxi for a shorter distance and walk fast the rest of the way.
- Walk to get to places.
- Get a bicycle! It provides transportation and activity! Ask a second hand bicycle shop about the costs to buy and maintain a bike.





To fit in activity while you watch TV:

- Dance, or do side steps.
- Lift heavy things like canned food or water bottles.
- March or jog in place.



To fit in activity while you get things done:

- Put in extra effort when sweeping or vacuuming your home or yard to make it moderate-intensity.
- When ironing or washing the dishes, do 3-4 squats (knee bends) or heel raises after each clothing item or after every minute or two, or march in place
- When sweeping or vacuuming, do forward or side lunges (big forward or side steps). Use the broom or mop for arm exercises
- When washing windows, move your arms quickly so that you get a good arm workout



To fit in activity while you are with friends:

- Go out dancing with your friend or partner or arrange a dance at the next club meeting.
- Play soccer with your kids or grandkids.
- Start a walking club. Set a regular time to go walking at a community center or other safe place – maybe once a week, every couple of days, or every day!
- Stand or march in place while you talk on the phone. If your conversation lasted more than 10 minutes, count that towards your daily activity!
- “Adopt” a neighbourhood park. Get a small group of friends to help plant flowers and tidy paths.

