Ways to Get More Active

1. Do arm curls with a tin of food or bottle of sand while you walk or march in place
2. Do more groups of exercises
3. Lift heavier weights (try bigger tins of food or bottles of water or sand)
4. Take more steps each day or each week
5. Walk a greater distance
6. Walk faster
7. Walk for a longer amount of time
8. Join a dancing club or dance with friends and kids
9. Use a skipping rope
10. Do house chores such as sweeping and cleaning the house – at a brisk pace
11. Join an exercise group in the community