



I don't have time:

- At work: take the stairs or park further away from the entrance, get up and walk to a different printer to get your documents, stand up when talking on the phone, do stretches at your workstation.
- At home: put extra "umph" into anything you do (dishes, sweeping, laundry, etc.), cook dinner and march in place, wash the car, rearrange furniture, dance and dust.
- With the kids: take them for a walk , play with your kids (remember freeze tag?), try an exercise video together or the Wii.
- In the car: practice good posture, deep breathe, do some ab crunches and glute squeezes.

It's too expensive:

- Walking is free and all you need is a good pair of shoes and a safe place to walk. Many shopping malls have free mall-walker programs (indoor walking comes in handy with inclement weather).
- Your local library may have fitness videos and the internet has websites that offer free workouts. Try www.sparkpeople.org
- You can create hand weights using soup cans or old milk jugs/laundry detergent bottles. The more fit you become, the bigger the container you use. Don't underestimate the fitness equipment that's always with you – your body! Push-ups, lunges, squats and dips can all be modified and you will get stronger.
- Local parks may have a strength training circuit already set up. Enjoy your tax dollars at work!

I don't know how:

- Ease into it – start with a few days of moderate activity like walking and aim for 10 minutes. Slowly increase your intensity and time.
- Learn proper form – pay for a session with a certified fitness professional or use a reputable web site.
- Warm up/cool down and stretch – give yourself 3-5 minutes to get things going and at least the same amount of time to wind down at the end of your session. Gently stretch those muscles and connective tissues after your session.
- Get the right shoes – if your gym shoes are 10 years old, they are not going to give you the support you need and could lead to injury. Get your foot measured and then invest in a new pair of shoes for the activity you do .

It's not fun:

- The best form of exercise is the one you will do consistently. What do you like to do?
- Sign up for a group exercise class – check with your local Parks and Recreation Dept. for starters.
- Find an exercise buddy or try some new activity (ballroom dancing, yoga, Frisbee golf, etc.); the possibilities are endless!

To receive an incentive while supplies last, please complete and return to your Agency Coordinator

For more information, please visit the CommonHealth website at: www.commonhealth.virginia.gov/tlc



Time for Change: Moving Forward with Fitness

Name _____

Agency _____ Location _____

