



Don't let the same old excuses hold you back from being active.

I don't have time:

- At work: park further away, take the stairs, walk to the printer to get your documents, stand up when talking on the phone, and 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, ride bikes, play, try an exercise video together or the Wii or other active game.
- 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 heavier the container you use (fill with water, sand etc). 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.
- Your local parks may have an exercise circuit already set up.

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 – try 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. Finish with a gentle stretch.
- Get the right shoes – 10 year old shoes are not going to give you the support you need and could lead to injury. Invest in a good pair of shoes for the activity you do.

It's not fun:

- The best form of exercise is the one you will do consistently. Do what 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 a new activity (ballroom dancing, yoga, Frisbee golf, etc.); the possibilities are endless!

Exercise Time Finder

Use this table to find places in your schedule you can fit in exercise. Fill in your typical week and take a look at blocks of time where exercise is an option.

Day	5am	6	7	8	9	10	11	12pm	1	2	3	4	5	6	7	8	9	10	11
Sun																			
Mon																			
Tues																			
Wed																			
Thurs																			
Fri																			
Sat																			

You Can Move It!

dance

GARDEN

Mow the lawn

Vacuum

Squat while folding laundry

Park further away

Take the stairs

Hula hoop

Jump rope

SHOOT HOOPS

toss a football around

FRISBEE GOLF

Play catch

Take a hike

Ride a bike

Balance on one leg

HOPSCOTCH

Walk

Do the twist

Wall push ups

Seated crunches

Chair dips

Play twister

Rake leaves

Pick up sticks-yard work

Scrub the floor

Play like a child!

Wii or Xbox (active games only)

