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## **One hour of activity each day.**

This can be done at one time or at different times throughout the day. Activity burns calories, jump starts your body's metabolism, and works vital organs like the brain, heart and lungs while strengthening muscles and bones.

### **Be Active!**

Did you know that physical inactivity is a major risk factor for cardiovascular disease? Exercising regularly and maintaining a healthy weight are important for heart health. Brisk walking and exercising for just 30 minutes a day, 5 days a week can reduce the risk of stroke, bad cholesterol (LDL) levels and high blood pressure.

### **32 Ways to Increase Your Footsteps**

1. Go 10 feet out of your way to pick up a piece of trash in the street
2. Stop your car on a long trip and get out in the fresh air to stretch and walk a few minutes to loosen up your leg and back muscles
3. In the shopping mall, park where all the other cars aren't
4. Unload your shopping bags from the car in four trips instead of juggling four bags in two arms to make it in one trip
5. If you move to a different home, consider selecting a multi-level house or condo with a basement, main floor and second level
6. Take your dog out for one extra 5-minute walk a day
7. Take a walk and promise yourself you won't stop until you find a penny
8. Garden!
9. Cut your lawn with a non-riding mower
10. Play golf like a pro—without an electric cart
11. Watch part of a movie, sports event or the news on a treadmill or stationary bike instead of 100% on the couch
12. Get up from the computer occasionally to deliver your office e-mail personally
13. Enter your office building on the far entrance
14. Go with a family member for a walk anytime
15. Take one or two extra flights of stairs each day instead of the elevator
16. Walk about your house once a day to make one tiny home improvement
17. Walk alongside the moving walkway at the airport
18. Walk the length of the concourse while waiting for your delayed flight
19. Rise off the couch and move during TV commercials
20. Walk around the soccer field while watching your kids play a game
21. Take a short 2-minute walk outside when you feel your energy dropping
22. Keep a physical activity journal for the rest of your life
23. Set a goal to reach "x" footsteps per week
24. Park your car in a central location and do your errands on foot instead of driving 30 seconds to each individual site
25. Walk away from your TV whenever a food commercial comes on
26. Never sit for more than 20 straight minutes
27. Change the TV stations manually once in awhile
28. Rake leaves in the fall more often
29. Return your super market shopping cart to its proper storage location
30. Help a senior citizen carry a package at the shopping center
31. Take a 5-minute walk after dinner
32. Think footsteps—anytime, anywhere!!!!!!!

### **BE ACTIVE!**

Brought to you by the Wayne Co. Child Nutrition and Fitness Coalition. To learn more go to [www.wayneFCFC.org](http://www.wayneFCFC.org) or contact the OSU Extension Office at 330-264-8722.

Adapted from: Active for Life - American Cancer Society