

51 ways to be active



One hundred years ago our lifestyles were much more active. Now we need to make a conscious effort to get moving. Here are 51 great ideas for adding movement to your day. Circle the ones you think you'll try.

1. Switch off the TV and reduce sedentary time
2. Hide the remote control
3. Stand up. Standing burns more calories than sitting
4. Walk instead of driving whenever you can
5. Walk to get the paper or mail
6. Look for stairs as your first option
7. Go for a walk at lunchtime
8. Get off public transport one stop ahead of where you need to go, and walk the rest
9. Take a break. Push away from your desk and move
10. Have a walking meeting instead of a sit-down
11. Stretch while your computer starts up
12. Walk around the house during ad breaks
13. Walk while talking on a mobile phone
14. Park your car away from the shops or work
15. Carry the groceries rather than using a trolley
16. Unload the groceries one bag at a time
17. Deliver messages at work in person rather than emailing them
18. Ride your bike to work or on weekends
19. Dance around the house
20. Join a dance class
21. Go window shopping
22. Go bowling or ice-skating
23. Do the housework to your favourite music
24. Wash windows
25. Wax the car
26. Sweep the driveway
27. Rake the leaves
28. Chop some firewood
29. Clean the guttering
30. Plant or weed the garden
31. Mow the lawn with a push-mower
32. Play with the kids – they'll appreciate the quality time
33. Walk the kids to school
34. Throw or kick a ball
35. Fly a kite
36. Walk your dog
37. Walk around the field while the kids play sport
38. Play with your pet
39. Clear out the spare room
40. Have a garage sale
41. Renovate a room
42. Plan an active holiday in a location with fun outdoor activities
43. Walk around a museum, art gallery or zoo
44. Go on a day trip to a national park
45. Go to the beach and build a sand castle or collect shells
46. Plan a camping trip
47. Go golfing
48. Have a hit of tennis
49. Plan to meet an exercise buddy and walk, gym, dance, whatever
50. Make a commitment to planned activity every day
51. Lift weights. Resistance exercise tones the muscles while you're losing body fat