



## **NEIGHBORLY ADVICE: HEALTHY HABITS & ACTIVITIES TIP SHEET**

It's easy to get caught up in our day-to-day lives – shuffling the kids to school, hurrying to work, eating what's nearest to us but not what's best for us. We often forget to make our health a priority, but it is important to find our own personal balance between food and physical activity.

To incorporate physical activity into your everyday life, keep it interesting. Try something different on alternate days. Every little bit adds up, and doing something is better than doing nothing. Choose activities that you enjoy and can do regularly. Make sure to do at least 10 minutes of activity at a time because shorter bursts of activity will not have the same health benefits. For example, walking the dog for 10 minutes before and after work or adding a 10 minute walk at lunchtime can add to your weekly goal. Mix it up.

### **WAYS TO INCREASE PHYSICAL ACTIVITY**

#### **At home:**

- Join a walking group in the neighborhood or at the local shopping mall. Recruit a partner for support and encouragement.
- Push the baby in a stroller.
- Get the whole family involved — enjoy an afternoon bike ride with your kids.
- Walk up and down the soccer or softball field sidelines while watching the kids play.
- Walk the dog — don't just watch the dog walk.
- Clean the house or wash the car.
- Walk, skate, or cycle more, and drive less.
- Do stretches, exercises, or pedal a stationary bike while watching television.
- Plant and care for a vegetable or flower garden.
- Dance with your kids to their favorite music.
- Exercise to a workout video.

#### **At work:**

- Replace a coffee break with a brisk 10-minute walk. Ask a friend to go with you.
- Take part in an exercise program at work or a nearby gym.
- Join the office softball team or walking group.
- To be ready anytime, keep some comfortable clothes and a pair of walking or running shoes in the car and at the office.

#### **At play:**

- Walk, jog, skate, or cycle.
- Swim or do water aerobics.

- Take a class in martial arts, dance, or yoga.
- Golf (pull cart or carry clubs).
- Canoe, row, or kayak.
- Play racket ball, tennis, or squash.
- Ski cross-country or downhill.
- Play basketball, softball, or soccer.
- Take a nature walk.
- Most important – have fun while being active!