



20 Ways for Adults, Families and Workplaces to Sneak In Walking Time (provided in part by Reader's Digest)



- 1. Turn off the TV, Computer and Video Games.** You can fit in a 30-minute walk just by giving up one sitcom, or that 30 minutes on the computer or playing video games.
- 2. Walk while you talk.** Visit with a friend or neighbor over a walk instead of lunch or coffee.
- 3. Walk somewhere you need to go.** It's called "running" errands, but if you can walk when you do them, great! Next time you have to pick up milk or mail a letter, walk to the nearest grocery store or post office instead of driving there.
- 4. Hit the stairs.** Take the stairs whenever possible.
- 5. Walk the dog.** Instead of letting him out in the backyard, give both of you some exercise by taking him (or letting him take you) for a jaunt through the neighborhood.
- 6. Use your tube time.** If you watch more than one hour of TV a day, invest in a treadmill and log a couple of miles during your favorite program.
- 7. Park farther away.** Park 10 minutes from work or the store.
- 8. Hustle at halftime.** Next time you go to a sporting event -- get up and walk around during halftime, in between periods, or during time-outs. Just steer clear of the concession.
- 9. Pace while you're waiting.** Hurry up and wait -- it's a fact of life. While you're waiting at the doctor's office, the airport, or at the take-out place, pace instead of sitting.
- 10. Clean the house.** There's no doubt about it: Housework is work. But who doesn't enjoy the results? To get even more exercise mileage, alternate between upstairs and downstairs chores (instead of cleaning one floor at a time) to take advantage of the stairs -- your home's best calorie burner.
- 11. Clean the yard.** Raking leaves, picking weeds, cutting grass, painting, shoveling -- it's all good physical activity!
- 12. Babysit.** Spend some time with a toddler and you'll quickly realize (or remember) that they never sit still. You'll have to chase them around to keep them out of trouble.
- 13. Use your lunch break.** Eat lunch at your desk, then take a walk around the building or the block. You'll have more energy for the afternoon.
- 14. Listen to books on tape.** Instead of sitting down to read, loan or buy the book on tape and log some foot time as you play it on your walkman. You may even find yourself extending your stroll to hear more.
- 15. Wear a pedometer.** See how many steps you take on an average day and then challenge yourself to beat it each day.
- 16. Check out a local trail.** Take a walk/hike through the bush or on a prepared trail. Explore and have fun!
- 17. Get back to traditions.** Walk the trapline, pick berries, visit the lake, find treasures!
- 18. Play an active game with your children.** Challenge your kids to a game of tag or a potato sack race. Remember how much fun it is to play.
- 19. Make your coffee break or work meeting active.** Walk with your co-workers to chat at coffee time or to discuss ideas for the office.
- 20. Have a contest.** Challenge your children or co-workers to a walking challenge to see who can clock the most walking time in a week/month.