



WAYS TO MOVE MORE EVERYDAY

WAYS TO FIND TIME TO BE MORE ACTIVE

- Write exercise time on your daily calendar.
 - Read a book or listen to a tape while using exercise machines.
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WAYS TO MAKE BEING ACTIVE MORE CONVENIENT

- Carry your workout bag with you in your car.
 - Leave your exercise clothes and shoes near the foot of your bed.
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WAYS TO BE MORE ACTIVE AT HOME

- Stand and move during television commercial breaks.
 - Work harder or faster at chores to burn more calories.
 - Walk the dog.
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WAYS TO BE MORE ACTIVE AT WORK

- If you supervise others, “manage by walking around.”
 - Walk across the hall to visit with a co-worker rather than call on the telephone.
 - Stand while talking on the phone.
 - Park farther away and walk a greater distance.
 - Take the stairs instead of the elevator.
 - Start or join a walking group at lunch time.
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Programs in agriculture and natural resources, 4-H youth development, family and consumer sciences, and resource development. University of Tennessee Institute of Agriculture, U.S. Department of Agriculture and county governments cooperating. UT Extension provides equal opportunities in programs and employment.