

Little Ways to Be

More Active

Ordinary & Happy
O & H

<p>1</p> <p>Take the stairs instead of the elevator whenever you can.</p>	<p>2</p> <p>Park further away when going shopping so that you have a longer walk to and from the store.</p>	<p>3</p> <p>If you can, go for a walk when you want to make a longer phone call.</p>
<p>4</p> <p>Stretch while catching up on your favorite TV shows this evening.</p>	<p>5</p> <p>Dance to your favorite playlist at home.</p>	<p>6</p> <p>Pick up some active hobbies (e.g., gardening, hiking, cycling, swimming).</p>
<p>7</p> <p>Set reminders to move and stretch your legs every 30-60 minutes.</p>	<p>8</p> <p>Have your lunch break outdoors. Walk and explore new places if you can.</p>	<p>9</p> <p>If you work at a desk, learn more seated exercises (e.g., seated shoulder rolls, neck stretches, ankle circles, wrist stretches).</p>