

Little Ways to Stay **Active This Summer**



..... Ordinary & Happy

S I M P L E

- Do some gardening.
- Do some stretching before bed every night.
- Wash your car by hand.
- Meet up with a friend for a game of tennis or basketball.
- If taking the bus, get off the bus a stop early (if possible).

A C T I V E

- Join a sports league.
- Join a running club.
- Dance while cleaning.
- Go for a swim.
- Join an outdoor workout group.
- Go for a hike on the weekend.
- Walk your dog more often.
- Use a fitness watch to track steps and activity.
- Join meetups at public outdoor places like basketball courts.

P R O A C T I V E

- Take the stairs when you can (if possible).
- Join local outdoor groups, like gardening or volunteering.
- Set reminders to move every hour.
- Go for a walk during your lunch break.
- Sit on a balance ball.
- Try a standing desk with a balancing board.
- Park further away from your office.
- Exercise while watching TV in the evening.
- Walk or bike instead of driving, if possible.