

Stay Active



1. Go for a walk with a friend, a neighbor, your family or take the dog with you.
2. Don't take the elevator. Use the stairs.
3. Park further away, walk a few more steps.
4. Play with your children, grandchildren or friends.
5. Clean the house.
6. Paint your walls.
7. Turn up the music and dance.
8. Grab your bike and head out to the nearest trail or park.
9. Play backyard football or Frisbee with your kids.
10. Stretch while watching your favorite TV