

Choose Your Game!

It's important to enjoy what you're doing so you won't get bored or think of physical activity as work. To help you choose activities that are right for you and your family, consider these questions:

Do you like to be social, or would you prefer time to yourself?

- Social butterflies should try activities with other people. Try to walk with friends, join a team or recreation association, or go line dancing.
- If you need time to yourself, walking, running, swimming, or gardening can give you time to reflect.

Do you need to get energized or wind down?

- For an energy boost, try aerobic activities that get the heart pumping.
- Reduce stress with activities like yoga or tai chi.

Are you goal-oriented, or do you like to stay flexible?

- If you like to feel a sense of accomplishment, choose activities where you can chart and monitor your progress, like training for a run, or take up an activity with rising skill levels, like martial arts.
- For a flexible routine, try walking or find an exercise DVD you can do at home.

Do you want to get away from it all or get involved?

- If you want to get away, choose outdoor activities, like hiking, biking, or rollerblading.
- To get involved in the community, consider building homes for the disadvantaged, participating in charity walks and runs, helping an elderly neighbor with yard work, or tidying up a local school.



Active Substitution

Don't think you have time to add physical activity to your day? Consider simple substitutions. Think about how much time you spend sitting versus being active. Here are ways to replace sitting with moving:

- Use the stairs instead of the elevator.
- Walk or bike to your destination.
- Be active at lunch with your co-workers, family, or friends.
- Take a 10-minute activity break at work to stretch, or take a quick walk.
- Walk to visit a co-worker instead of sending an email message.
- Go dancing with your spouse or friends.
- Plan active vacations rather than driving trips.
- Wear a pedometer every day to see how you can increase your steps.
- Join a sports or recreation team.
- Use a stationary bicycle or treadmill while watching TV.
- Plan your activity routine to gradually increase the days per week and minutes per session.

