

20 WAYS you can be more active



Many people think they have to be a marathon runner in order to be healthy. But the reality is there are many activities that even the most inactive can do. Take a look at this list and highlight any activities you would like to do this week to stay active.

 Ride your BIKE	 Go for a WALK	 DANCE	 Lift weights	 Walk the DOG
 Go for a SWIM	 SKI <i>or</i> snowboard	 MOW the lawn	 Go for a HIKE	 KAYAK <i>or</i> CANOE
 Play a team SPORT	 Shovel SNOW	 Play with CHILDREN	 Roller blade	 Participate in a 5K
 JUMP ROPE	 Take the stairs	 Try YOGA <i>or</i> PILATES	 BOWL	 PARK AWAY FROM ENTRANCES