



Get active

You already know that physical activity will help you feel better and enjoy life. Being active means not only planned exercise, but also adding more activity during your daily comings and goings. What a great way to get started!

You can start with just 5 to 10 minutes, or as much as you can do without becoming too hot or breathless. Then start doing the activity a little longer or a little harder.

Even small changes in your lifestyle add more activity to your day. You can:

- Sweep with a broom instead of a leaf blower
- Take the stairs instead of the elevator
- Walk to your errands
- Get off the bus a few blocks earlier and walk



- Use the manual tools and buckets to do yard work
- Walk the dog twice a day, and stay out longer
- Wash the car
- Join a dance club

Now that you have a lot of ways to get active in your daily life, start with a few minutes and work up to 30 minutes a day. You can do it 10 minutes at a time. The more you do, the more you'll want to get active.

Get active	Be more active
Rake the lawn, sack leaves	Haul branches, plant shrubs
Clip hedges and prune with manual tools	Double dig the garden
Walk the golf course	Walk the golf course and carry your clubs
Walk once around the building where you work	Walk around the building 3 times and climb the stairs
Do home repair like fixing a window screen	Clean the gutters or wash and paint the walls
Walk around the block	Walk around the neighborhood or the mall
Toss a ball with the kids	Play soccer or Frisbee with the kids

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