



Exercise for a Healthier You Ten tips for at home and on the go!!!

If you are interested in exercising more to improve your health, but are too busy to schedule regular workout sessions, you can easily increase your exercise by choosing to be physically active throughout your normal day. These **tips** can help burn some extra calories without having to visit the gym each day, so start today to take advantage of the practical healthy events that present themselves to you each day.

1. Take the stairs instead of the elevator.
2. Do not send an email next door or to the cubical 50 feet away, get up and deliver the message yourself.
3. Park as far away as possible from the front door on your visits to the grocery store, mall, or restaurant. Be careful, and only do this during the day light hours.
4. Bring your walking shoes to work, and take a quick walk during your morning or afternoon breaks. Better yet, walk during lunch instead of eating and being sedentary.
5. Eat smaller meals throughout the day instead of 3 big squares a day.
6. Spend less time in front of the TV, use that time to take a walk or participate in some type of physical activity with the whole family.
7. Replace soft drinks with water.
8. Do not eat fast food at lunch, replace with fruits and vegetables.
9. Take a break every hour to stand up and stretch for just a minute or two. This will promote blood flow and will help stop all that yawning.
10. Do not dread the normal household chores, but use the broom, mop, vacuum, dust cloth to your advantage. Turn up the radio and let yourself go as you sing and dance your way to a clean house.

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