



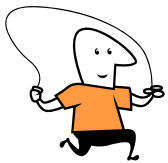


# HAVE AN ACTIVE DAY!

Sports and games are fun – and healthy, too. But did you know there are lots of other ways to fit exercise and movement into your day? Just take a look at this list.

Put a star  next to the activities you already do. Put a check  next to those you would like to try.

- Stretch every part of your body before you get out of bed
- Take a walk instead of riding in a car
- Instead of walking, skip or hop
- Walk a dog
- Ride a bike
- Make a bed
- Mop a floor
- Sweep a floor
- Go roller-skating or ice-skating
- Beat a dusty rug on the side of your house or apartment
- Jump rope
- Carry out the trash
- Help move furniture
- Clear the table
- Dance to the radio or stereo
- Do push-ups while you watch TV
- Rake leaves
- Shovel snow
- Wash a car
- Plant or care for a garden
- Use the stairs instead of an escalator or elevator
- Walk up and down the stairs if you have nothing else to do
- Flex your muscles while you wait in line
- Reach for things high up on a shelf
- Bend at the waist and swing like a rag-doll before going to bed



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