Some simple ways to fit more physical activity into your life!

WAYS TO INCREASE YOUR MOVEMENT

**Leisure Time**
- Shop in-store instead of online
- Plan a weekly meet-up with friends while doing some type of activity like walking, yoga or spin class
- Join a UI intramural team or sports club
- Go to an exercise class
- If you golf- walk the course instead of using a cart
- Games: choose more active games like charades or active video games
- Take activity breaks while watching TV (stand up, march in place, etc.) or multitask and perform a household chore
- Use a fitness phone app (like Sworkit) for exercise ideas you can do anywhere

**Household**
- Clean your house more frequently
- Stretch in the morning, before bed, or both
- Take up gardening or do yard work
- Stand around the table to talk or play games rather than sit
- Wash dishes by hand instead of using the dishwasher
- Volunteer to do more “active” chores (mowing the lawn, washing windows, vacuuming, raking leaves)
- Cook your meals instead of ordering out
- Bring in grocery bags one at a time
- Fold laundry standing instead of sitting
- Make household chores a game instead of a chore

**Academic & Occupation**
- Sit on an exercise ball or disc instead of a chair
- Schedule regular exercise breaks (e.g. Stand App)
- Stand/walk around while you talk on the phone
- Take regular walking and standing breaks (at least once each hour of sitting get up to stretch, walk, stand up, etc.)
- Use a restroom on a separate floor or one that’s farther away
- Have walking meetings instead of sitting at a table
- Take the stairs instead of the escalator or elevator
- Walk to eat out instead of delivery
- Walk/bike to class, work and meetings
- Instead of emailing nearby colleagues/classmates, walk over to talk to them

**Transportation**
- Walk or bike where you want to go instead of driving or using public transportation
- Don’t use drive-thru windows, park your car and walk in to the restaurant or coffee shop
- Take the stairs instead of elevators or escalators
- Park further away
- Walk instead of riding the bus, or get off the bus a few stops early to add extra steps
- Walk your dog or walk with a friend and their dog
- Stand when taking public transportation
- Leave earlier/later for work to reduce the amount of time you sit in traffic; squeeze abs and butt when sitting at stop lights