



Easy Ways to Get More Physical Activity

Many people make excuses for why they can't be more physically active. Excuses include being too tired, not having the time, and/or not having the money. The truth is that getting more physically active does not take any extra time or money. One can increase his/her physical activity just by living their everyday life. Think about just increasing the activity you do in your day-to-day routine. Instead of taking five minutes to find the closest parking spot, take the first spot you see in the back of the lot and walk a little farther. You have saved time by not looking so long for a spot, and you got some extra physical activity in the process. It really is that easy. Taking the stairs is also another great way to increase activity, and one that you can easily do at work. So, start increasing the physical activity in your life today by taking the stairs instead of the elevator. See you all in the stairwell!

Here are some other ways to increase activity in your daily life:

Activity	Calories Burned
Washing and waxing the car by hand	300
Walking into the station to pay	5
Washing and chopping vegetables for 15 minutes	10-13
Gardening and mowing for an hour	360
Shopping at the mall for an hour	145-240
Walking the dog for 30 minutes	125
Walking to a colleague's office, standing, and talking for three minutes	6
Walking up three flights of stairs	15
Changing the channel manually	3
Standing and talking on the phone for 30 minutes	20
Ironing and vacuuming for an hour	152

Source: Health Magazine July/August 2002

