

I successfully completed this goal.
This is what I did:

GetFIT Helpful Connections - Increase Your Daily Activity

With Your Family:

Encourage your family members to be active.

Walk the dog and your kids at the same time.

Do activities that involve movement with your family- hike, bicycle ride, and make the activities fun - set up a scavenger hunt or special bike or walking path.

Be active on vacations - visit water parks, walk on beaches, hike, and play sports.

Get involved in your children's sports - walk or run up and down the playing sidelines. Be a role model for your kids. Let them see how active you are!

At Work

Try to take the stairs as much as possible. Don't look for the closest parking spot, but shoot for the far away spot.

Take activity breaks instead of coffee breaks. Encourage others to exercise with you.

If you don't have anything to do on a rainy day, go to the mall, but walk a mile before you buy anything. Wear a pedometer or step counter.

Get off the bus or subway 1 block earlier or later.

Get involved in work sports teams.

Name _____

Date _____

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