

GOAL COUPON 8: MAKE EXERCISE A PART OF YOUR DAY

Here are ways to burn those extra calories with everyday activities.

At Home

Select hobbies that involve movement - gardening, painting, and woodworking; even knitting and crocheting keep your hands moving and free from food!

Clean your house and think of it as burning calories, not housework!

Clean the outside of your car by washing it yourself rather than the drive-through wash.

Do leg and arm exercises when you blow-dry your hair.

Get up off the couch during television commercials and move around the house.

Exercise while watching the television. Use a treadmill, exercise bike, or elliptical trainer.

Walk or bicycle to locations when feasible.

Play games with your children or pets - run around the house or play hide and seek with your kids, and play tag and fetch with your pets.

Try a new activity with each new season. Think about snowboarding, ice-skating, skiing, water skiing, hiking, rollerblading, volleyball, badminton, or other new sports.

GOAL 8

Increase your daily activity to burn extra calories. Try at least 3 of the tips on this coupon to get activity into your daily lifestyle.



Use these **GetFIT Helpful Connections** on the front and back of this coupon for ideas.

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