

## **Tips to Active Living**

Whenever you can, walk or bike instead of driving.

Take a break from watching TV or sitting at your computer by going for a walk.

Take the stairs instead of the elevator.

Set up walking meetings at work; it gives the team exercise while still getting the work done.

On hot days walk inside an air-conditioned shopping mall or go swimming at a community pool.

Find an exercise class or walking group.

When driving somewhere, park far away and walk.

Invite friends or family to exercise with you.

Take a walk on your lunch break.

Get a little bit of exercise every day, even if it's only 30 minutes.

Use local parks and other free recreational facilities to increase your daily physical activity.