

FitFacts®



Small Steps To Increase Physical Activity

REGULAR PHYSICAL ACTIVITY IS ESSENTIAL FOR GOOD HEALTH AND HAPPINESS. PEOPLE WITH VERY ACTIVE JOBS (I.E. CONSTRUCTION WORKER, MAIL CARRIER) AND THOSE WHO FREQUENTLY EXERCISE TYPICALLY REACH THE WEEKLY RECOMMENDED ACTIVITY LEVEL OF 150 MINUTES.* HOWEVER, THE MAJORITY OF AMERICANS DO NOT REACH THIS AMOUNT BECAUSE THEY EITHER HAVE LESS ACTIVE JOBS OR ARE SIMPLY NOT READY TO COMMIT TO AN EXERCISE ROUTINE (OR BOTH).

If you need be more active, make sure that you are always on the lookout for little ways to move more. Here are 35 small ways to increase physical activity throughout your day:

1. Take the stairs instead of the elevator
2. Park farther away from the front door
3. Stand instead of sitting (this burns more calories)
4. Take a walk on your lunch break
5. Walk or bike to your destination instead of driving
6. Sit on an exercise ball at your desk instead of a chair (this builds core strength)
7. Do stretches or ride a stationary bike while watching TV
8. During commercial breaks do abdominal crunches, jumping jacks, push-ups, or simply get up and walk around
9. Take a 10 minute walk in the morning and/or evening
10. Play outside with your kids
11. Take the baby or kids for a stroller or wagon ride
12. Walk or run as your kids ride their bikes
13. Instead of sitting, walk around while watching your child's sporting event
14. Take your dog for a walk (if you already do this, try making the walk longer or faster)
15. Do squats or lunges while waiting for your food to cook in the microwave
16. Do a few squats while brushing your teeth
17. Do calf raises while getting ready in front of the bathroom mirror
18. Take a walk when you are frustrated or bored (instead of eating)
19. Plant a garden
20. Maintain your garden (weeding, pruning, etc.)
21. Go for a walk with a friend instead of meeting for coffee
22. Have "walking meetings" at work when meeting with small groups of people (instead of meeting in a room, get up and walk around while talking)

23. Keep hand weights at your desk. Do bicep and tricep exercises while on phone calls
24. Turn on the music and dance around the house
25. Instead of making piles around the house, put things back in their place right away
26. Do house work regularly
27. Wash the car by hand instead of the drive-through car wash
28. Take an extra walk through the grocery store aisles before you check out
29. Get off the bus one stop early and walk to your destination
30. Shovel instead of using the snowblower
31. Rake leaves instead of using a leaf blower
32. Walk through your golf game instead of driving a cart
33. Get up and walk around after sitting for 30 minutes
34. Take a short walk on your lunch break
35. Wear a good quality [pedometer](#) and aim for 10,000 steps per day

ADDITIONAL RESOURCES

[American Council on Exercise](#)

[Shape Up America](#)

*See our Fit Fact "How to start an exercise program" for more information on these recommendations

American Council on Exercise® is a nonprofit organization dedicated to empowering people to live their most fit lives. In addition to offering quality certifications and education for health and fitness professionals, ACE also protects the public against ineffective products, programs and trends by arming them with unbiased, science-based health and fitness information. To learn more about ACE, or how you can use or purchase Fit Facts, visit ACEfit.com/FitFacts.

