

## Tips to keeping active

Physical activity should be part of your daily routine. Along with a balanced diet, physical exercise can help you to decrease excess body fat, maintain a healthy weight, and improve your thinking.

- Take the stairs
- Park farther away
- Walk the dog
- Ride a bike
- Wear a pedometer
- Get a workout buddy
- Plant a garden
- Take dancing lessons
- Train for a 5k
- Join a yoga class
- Play with your kids
- Learn a martial art
- Take a 5 minute walking break each hour
- Do activities you love



**The best activity is doing what you love!** Choose a physical activity you enjoy and look forward to doing. Do not force yourself to do exercise you do not like, because chances are you will not do it.