

Time-Saving Physical Activities

Regular routines and movement go hand-in-hand. Try the following time-saving strategies to get the whole family active while accomplishing daily tasks.



Get More From Your Chores

- When you need to pick something up off the floor (e.g., toys), hold the item in front of you for 30 seconds, do a squat that feels right for your body, or use a tool designed for grasping, holding, and releasing
- While doing laundry, consider taking multiple trips to/from the dryer
- Walk the dog or tend a garden as a group
- While brushing your teeth, rotate parts of your body, like your hips, ankles, neck, arms, etc.
- Energize vacuuming, mopping, and cooking with up-beat music



Energize Your Errands

- When checking the mail, take an extra lap around your neighborhood
- While waiting for service or for an appointment, stand or lift individual body parts one at a time and hold for up to 30 seconds
- Park further from the entrance of your destination for another opportunity to move
- Take the stairs instead of the elevator or escalator
- Consider getting off the bus one or two stops early and walking the rest of the way to your destination through an area that feels safe



Up Your Game and Leisure Time



- While watching TV, pick a word or phrase and every time a character says the word, stretch a body part that feels tense or pull your legs toward your chest
- During each TV commercial break, dance to one song – have each family member take turns choosing the song!
- Play a game of active Charades by acting out phrases or book and movie titles
- Use a deck of cards to create a quick family workout.
Do the number of repetitions displayed on the card:



Hearts: twists



Spades: basketball jump shots



Diamonds: baseball swings



Clubs: head-rolls



Joker: wild card!
Choose the number and activity