Fun Ways to Add More Movement into Your Day

May is a great time to look at ways to increase your activity in your daily life. Here are some ideas:

1. **Choose activities you like**: This will make it easier to be consistent with your activity.
2. **Split your activity up throughout the day**: If you have a busy day and don’t feel like you have 30-60 minutes to spare, consider breaking it up. Find 15 minutes in the morning and 15 minutes in the evening or more.
3. **Find a workout friend**: Sometimes having a partner to work out with makes all the difference. It can make the activity more fun and also keep you more accountable.
4. **Take lunch on the move**: Try to hit the gym or take a walk with coworkers on your lunch and then eat after you’re finished. This will give you more energy for your afternoon.
5. **Try a pedometer**: A pedometer can be a good measure to see how many steps you are getting in a day. It can be a great way to challenge yourself to reach the 10,000 step goal.
6. **Take the stairs**: If you have a choice, always take the stairs rather than the elevator.
7. **Turn off the TV, computer, and smart phone or tablet**: Cutting back on screen time can free up more time for activity.
8. **Find the farthest parking space**: Anywhere you go try to park the farthest away to get extra steps in throughout the day.
9. **Sign up for a new class**: The structure of a class may help you stay on track.
10. **Turn sit time into fit time**: Try to combine a sedentary activity with a moving activity. For example, walk on the treadmill while watching television or take a walk around the block while taking a call from a friend.
11. **Reward yourself**: Set short term goals and reward yourself for achieving them. You might choose a specific event to train for to keep you motivated. Choose fitness focused rewards for reaching your goals, such as new workout gear or a heart rate monitor.

Reference: Harvard School of Public Health