



## ACTIVITY GUIDE

# SMALL STEPS TO SUCCESS

Make time to get moving with these easy ways to add more physical activity into your day.

### WEEK 1

- ✓ **Take a break.** Leave your desk and walk around the building or a nearby path.
- ✓ **Stand up for strength:** do some squats, calf raises, or wall push-ups.
- ✓ **Mindfully move** with mind-body exercises like yoga or Tai Chi.
- ✓ **Text Alert!** Stand up and move for one minute every time you get a text.
- ✓ **Walk with a buddy** – walk in-person or virtually!

### WEEK 3

- ✓ **Skip the coffee break!** Take a walking break
- ✓ **Social media alert.** Stand up and move for one minute every time you get an alert.
- ✓ **Get outside.** Work in the garden, rake leaves or go for a walk in the park.
- ✓ **Stand up and take several deep breaths** as you raise your arms above your head on the inhale and lower them back to your sides on the exhale.
- ✓ **Active Cleaning.** Sweep, mop, wash the car to get your heart rate up!

### WEEK 2

- ✓ **Set a reminder** to stand up every hour.
- ✓ **Take a class** like yoga, spinning, dancing or other fun class.
- ✓ **Pet Walk.** Take your pet for a nice long walk. No dog? Ask a friend to join!
- ✓ **Tune into fitness.** Walk, jog, stretch, do yoga during your favorite TV show.
- ✓ **Family Matters!** Play catch, ride bikes or take a walk before or after dinner.

### WEEK 4

- ✓ **Long phone call?** Don't sit down – walk while you talk!
- ✓ **Stretch break.** Do some stretches to keep the blood flowing.
- ✓ **Take the stairs.** At home or the office, get moving by walking up the stairs.
- ✓ **Ditch the car!** Park farther away from your destination to get a few extra steps.
- ✓ **Commercial Break Challenge:** how many squats, jumping jacks, or burpees can you do?