

# Burn Extra Calories at Home!

Do housework. Sweep the floor, vacuum the carpet, wash the windows, or scrub the bathtub.



Go outside for a short walk before breakfast, after dinner, or both! Start with a short 5 to 10 minute walk and work up to a 30 minute walk.

Sit up while watching TV instead of lying on the sofa. Stretch or do sit-ups during commercial breaks.

Walk around the house while talking on the phone.



Play with your kids.

Take your dog for a walk instead of letting him outside in the yard.

Garden or do yard work. Rake leaves, prune weeds and dead plants, mow the grass, or pick up trash.

Turn up your stereo and dance around your house!

# Burn Extra Calories at Work!

Stand while riding the bus or subway. Get off a few blocks early and walk the rest of the way.

Park your car further away from your destination and power walk to the building entrance.



Walk up the stairs instead of taking the escalator or elevator. Or get off a few floors early and take the stairs the rest of the way up.

Take “walking breaks” around your building instead of coffee breaks.



Walk down the hall to speak with someone rather than calling them on the phone.

Form a team with your co-workers and participate in a walk for charity, such as Relay for Life or Race for the Cure.