

# Take the stairs — and other lifestyle changes to increase fitness



Perhaps you don't have time to exercise or you just don't like the idea of exercise for its own sake. Here are some ideas for increasing your exercise without actually "exercising."

Check off the ones you can do. Put a star by the ones you already do and pat yourself on the back — you're already exercising. Then add your own ideas for "non-exercise" fitness on the lines provided.

## The 'non-exercise' fitness quiz

### Activate your daily routine

- Take the stairs. (Okay, if you work on the top floor, take two or three flights of stairs and then get on the elevator.)
- Ride a bicycle or walk to work. (Too far? Park a block or two away from work, or at the far end of the parking lot.)
- Take a walk at lunch time or get into a lunch-time fitness program.
- Make a coffee break a stretch break.
- \_\_\_\_\_
- \_\_\_\_\_

### Be more active at home

- Use a push lawnmower and other hand-gardening tools.
- Get rid of the TV remote. (Better yet, get rid of the TV.)
- Save electricity. How many household labor-saving devices can you unplug? \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

### Walk

- Around your neighborhood. You'll meet people.
- To any destination that's within your limit.
- To the nearest public transit stop. You'll save money *and* wear and tear on your car.
- \_\_\_\_\_
- \_\_\_\_\_

Submitted By \_\_\_\_\_

Hanford ID Number \_\_\_\_\_ Mailstop \_\_\_\_\_

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## Make Your Move, cont.

### Prioritize fitness

Fitness doesn't require a huge time commitment. Aerobic exercise — just 20 to 30 minutes, three times a week — can make a big difference in the health of your heart and how you feel.

Make a list of the things that you spend 20 to 30 minutes a week doing. Is aerobic exercise one of them? Why not shorten the time you spend on other items, or eliminate one of them and add an aerobic exercise? Put it at the top of your list and schedule time for it.

Aerobic exercise includes bicycling, swimming, brisk walking, running, dancing — anything that gets your heart beating faster.

What are some aerobic exercises you might be willing to try?

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Complete this form by answering the questions and suggesting activities for yourself. The completed form is worth five points for "Make Your Move" participants. Send to: Judi Staley, HEHF Health Education Services, H1-04 .

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## Answers to last week's quiz

Here are the answers to the word scramble that appeared in the June 2 issue of the *Hanford Reach*.

- |                  |                   |              |
|------------------|-------------------|--------------|
| 1.aerobic        | 10. health        | 19. activity |
| 2.self-esteem    | 11. sleep         | 20. snack    |
| 3.make your move | 12. warm-up       |              |
| 4.goals          | 13. fad diet      |              |
| 5.fun            | 14. family        |              |
| 6.relaxation     | 15. breakfast     |              |
| 7.lifestyle      | 16. friends       |              |
| 8.relationship   | 17. social system |              |
| 9.strength       | 18. flexibility   |              |