

# Quick Tips to Build Physical Activity into Your Life

We've all heard about lots of different ways to build extra activity into our lives. Suggestions like finding a parking spot furthest away from the mall in the lot, taking the stairs at work, and taking public transit to/from work or school and getting off a couple stops early to walk the rest of the way are all great ways to help you stay active.

However, sometimes life doesn't always happen that way and while these are great suggestions, it still might not be enough to meet the daily physical activity requirements to keep your body healthy.

So, what else could you do to increase your daily movement? Check out some of these helpful tips:

1. Create a new morning routine. Start your day with 10 minutes of movement indoors or outdoors. Some stretching and a short walk first thing in the morning can be better than caffeine. You can even do some stretching in bed before you get up!
2. Parents - play catch, fly a kite with your kids or set up badminton net in the backyard and hit the birdie around. Get out the skipping rope and start jumping!
3. Do a physical activity routine with leaders on TV or play Wii-Fit with you children.
4. Trade in your power mower for a push mower.
5. Take stretch breaks during meetings and/or roll your shoulders and stretch your neck when sitting in front of the computer. [Here](#) are some helpful desk stretches to get started.
6. Get in the garden and dig, prune, rake and weed.

Source: Build Physical Activity into Your Daily Life" Public Health Agency of Canada <http://www.phac-aspc.gc.ca/>