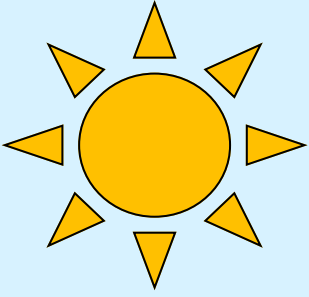


Active Living at Home



While watching TV...

Hide your remote, and get up every time you want to change the channel. During commercial breaks do jumping jacks, stretches, or march in place.

While at your desk...

Try standing instead of sitting. It burns more calories & increases productivity.

While microwaving...

Do a set of lunges or squats while you're waiting.

While standing at the stove...

Do calf-raises by standing up on your tip toes, then back down again.

While cleaning...

Turn up your favorite music, and make it a race against the clock to finish your housework.

Involve the whole family!

Go for a family walk or bike ride after dinner every night.

While walking up the stairs...

Skip every other step to burn maximum calories and to challenge your body with balance control.

