

# PHYSICAL ACTIVITY

## Tips for Losing Weight and Keeping it Off

### Strategies to help manage healthy eating and activity

Use these tips for changes for physical activity at home and at work. We've ranked them by how useful they were to our Healthy Weigh Study participants.

1. Strive for more steps each day. Use a pedometer for tracking. 7,500 are recommended daily, but it's okay to work your way up.
2. Brisk walking is a good form of exercise, and there is no equipment required!
3. You don't have to belong to a gym to be physically active: walk the dog, play a sport, jump rope, swim, lift weights, walk to work, dance, bike.
4. Sit less! Make it a point to stand up and walk around while you're talking on the telephone at work or at home.
5. Need some extra motivation? Play your favorite music while you exercise, or read a book or magazine if you are using a stationary machine.
6. Take the stairs instead of the escalator or elevator. This is a simple and free way to log more steps and burn more calories.
7. Working outside can be good exercise! Try raking your leaves, mowing the lawn, or planting some flowers for a neighbor or at a nearby park.
8. Keep athletic gear handy, in your car or at work. If a meeting gets cancelled or you're early to an appointment, use the extra time to get moving.
9. Write down exercise goals and post them in a visible place.
10. Find a workout buddy, make a workout schedule, and stick to it. This can be a fun way to keep up with friends and motivate each other.
11. Keep a few water bottles, shampoo bottles, or canned soups next to the TV. These can act as hand weights for use during commercials.
12. Make use of annoying TV commercials! Try sit ups, pushups, jumping jacks or jog in place while you're waiting.
13. Don't use the remote control when watching TV at home. Store it in a cabinet, or somewhere out of sight.
14. Don't take unhealthy food in your car. Bring healthy snacks like a handful of nuts or fresh fruit, instead.

### PHYSICAL ACTIVITY AT WORK

1. Stand, don't sit, while waiting for public transit.
2. Taking the subway or trolley? Use the stairs to get to and from your ride instead of taking the elevator.
3. Make it a habit to park in the farthest spot at a parking lot—this is a simple and free way to burn more calories.
4. Make it a habit to get off the bus, train, subway, or trolley one stop early—this is a simple and free way to burn more calories.



**SIT LESS!**

