



ACTION STEPS FOR WELLNESS

Commit to be fit



You don't have to join a gym to get fit. There are lots of ways you can break a sweat, shed pounds and improve your health. Small steps can make a big difference.

- Do leg lifts before you get out of bed.
- Walk the dog. Instead of slowing Fido down, pick up your pace.
- Use exercise equipment as intended, not as a clothes rack.



- Clean the house. That's right, dust, mop, scrub and vacuum.
- Brainstorm ideas with co-workers while walking.
- Take the stairs instead of the elevator.
- If you must take the elevator, do squats during the ride.
- Do sit ups, pushups, and jumping jacks during TV commercials.



- Take your bike for a spin around the block.
- March while talking on the phone. (Stop if you start panting.)
- Work in your garden, garage, and basement.
- Drink plenty of water.

Action Step: Challenge family to a contest of sit ups or pushups during TV commercials. Try to improve your count each time.