



ACTION STEPS FOR WELLNESS

Find the fun in fitness



Chances are if you enjoy the physical activities you do, you will do them more often.

- Do activities you had fun with in your youth. Did you like to swim? Play soccer? Hula hoop? Jump rope? Play hopscotch? Do these with your kids and grandkids. Do them on your own.

- Get fit with a friend or family member. Walk together. Take a yoga class together.
- Join a dance or other class or sports team. People count on you to show up.
- Take part in an awareness event, such as Susan G. Komen 3-Day for the Cure™!
- Walk the dog! If you don't have one, walk with your neighbor when he or she walks the dog.

- Work outdoors doing activities you enjoy. Garden. Wash the car.
- Walk or pedal indoors while you watch your favorite TV show.
- For birthdays or special rewards, ask for gifts that will help make it fun for you to exercise, such as new workout clothes.