

# Ideas for Movement

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NAME

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DATE

## **Ideas for movement**

- A short movement routine at home first thing in the morning or right before bed
- Walk or bike to work
- Walk or bike to do errands
- Sign up for a class that involves physical activity (dance)
- Take the stairs whenever possible (seriously, this adds up)
- Join a sports league
- Play with kids / grandkids / nieces / nephews
- Do your own chores
- Wash your own car
- Volunteer doing something physically demanding (e.g., food recovery networks, farming)