



Get active for just 20 minutes per day! Try adding these tips into your daily routine

Play pick-up games or sports with friends and family

Bike to work instead of driving or taking the bus

Use stairs instead of elevators



Wash your car, clean your house or do yard work

Take a walk or jog around the neighborhood

Stretch while watching TV or brushing your teeth



Regular physical activity throughout the day enables you to live a better and longer life



For more great tips visit www.healthycommunityalliance.org