

## 50 FUN Ways to Get Active TODAY

- Put on loud music and clean house.
- Run around outside with a dog or child.
- Walk to an appointment rather than drive.
- Dance.
- Walk and talk with a friend.
- Turn a client meeting into a walky-meet.
- Do 2 pushups after every bathroom visit.
- Ride your bike (or rent one at the park).
- Skate—outdoors or go to a rink.
- Put good music in your ears and walk laps at an indoor mall.
- Remove your chair from your office.
- Garden. If you don't have a garden, assist someone who does.
- Buy new workout shoes or clothes and strut your stuff.
- Jump rope.
- Buy or borrow a pogo stick.
- Buy or borrow a hoola hoop.
- Go bowling with friends.
- Find a public basketball court and shoot hoops.
- Chalk a hopscotch board on the street and use it.
- Golf—play or go to the practice range.
- Take outdoor breaks—walk around the parking lot.
- Take the stairs.
- Rake leaves.
- Go on a Beauty Quest using your camera. Share your pics on Facebook.
- Get up early and go for a walk.
- Take a trip to the mountains or beach and enjoy the outdoors.
- Search You Tube for a new dance, and learn it.
- Do two Jumping Jacks every time you rise from your chair.
- Play a lawn game like croquet, bocce ball or corn hole.
- Take a night-time walk with a loved one.
- Borrow a friend's dog and play with it.
- Kick a ball around.
- Play volleyball with a friend.
- Find some tennis racquets and play with a friend.
- Park as far away from the door as possible.
- Strategically place bands and barbells in your home and office.
- Only watch t.v. from stationary workout equipment.
- Get a stand-up desk.
- Get off the bus several stops early.
- When waiting (for doctor, plane, etc), walk, don't sit.
- Join a fitness center and enjoy classes.
- Join a recreation league.
- When on the phone, walk.
- Get an accountability partner.
- Rent a canoe or paddleboat at the park.
- Fly a kite.
- Skip.
- Set a timer for one-hour intervals: stand and stretch when it rings.
- Sign up for a charity walk or run.
- Play catch with a ball or Frisbee.

### See how many you can check off!

Undertake these activities with a playful spirit. Extra points for laughter!

Let me know which one you enjoyed most at [Liz@LizGarrett.com](mailto:Liz@LizGarrett.com)