

Living an Active Life

Small steps that get your family to move more can help all of you maintain a healthy weight. Choose a different tip each week for you and your family to try. See if your family can add to the list. Here are a few suggestions.

Walk whenever possible.

- Walk instead of drive whenever you can.
- Walk your children to school.
- Take the stairs instead of the escalator or elevator.
- Take a family walk after dinner and take the dog.
- Go for a half-hour walk instead of watching TV.
- Get off the bus a stop early and walk the rest of the way.
- Park farther from the store and walk.
- Make a Saturday morning walk a family habit.
- Walk briskly in the mall.

Move more in your home.

- Garden or make home repairs.
- Do yard work. Get your children to help rake, weed, or plant.
- Work around the house. Ask your children to help with active chores.
- Wash the car by hand.

Live actively.

- Join a family exercise group, and/or enroll your children in community sports teams or lessons.
- Do sit-ups in front of the TV. Have a sit-up competition with your kids.
- Pace the sidelines at kids' athletic games.
- Choose an activity that fits into daily life.
- Dance to music, swim...with your kids.
- Give yourself a gold star with non-food rewards, such as day at the park, lake, or zoo.
- Buy a set of hand weights and play a round of Simon Says with your kids—you do it with the weights, they do it without.

*To learn more or to speak with a FSAP professional, call 1.800.935.9551
The FSAP is a voluntary, confidential assistance program available
24 hours a day, 7 days a week, 365 days a year, at no cost to employees.*