



Ascension

Move more, anytime, anywhere

It's really not that hard to fit in fitness. You can get up and move just about anytime, anywhere to be more physically active and stay healthy. And every minute counts toward the goal of at least 150 minutes per week of exercise. Every time you stand up and do something, you're taking a step in the right direction. Move more at home, outdoors and just about anywhere. Get the whole family moving more at home. Finding ways to be more active around the house sets a good example for kids and can help you stay on top of housework. You can combine exercise with other activities, like watching TV, cleaning or cooking.

- Make active chore cards. Let each family member draw a card each day with a different active task that needs to be done. Cleaning up after dinner, walking the dog, taking the trash out, folding laundry and unloading the dishwasher are all good ways to get your family up off the couch – and get the chores done.
- Clear some space, put on some music, and take a dance break! It can re-energize a study session, lazy Sunday or game night. Let each person take a turn as DJ so everyone's favorites get played.
- Tune into fitness during TV time. Walk or jog in place or on a treadmill, lift weights, or do yoga while you watch your favorite shows. Break up a TV binge with a bit of activity between episodes. Or challenge each other to see who can do the most burpees, push-ups or jumping jacks during commercial breaks.
- Shake up your family's routine. Join your kids for a bike ride or shoot some hoops before starting on homework and chores. You'll all feel better and think better.
- Play actively with pets. Throw a ball or stick for the dog to fetch. Lead the cat on a string chase around the house.
- Include active games in family game night, like Twister, charades and hide-and-seek.
- Keep a list of kid-friendly activities handy for when you hear "I'm bored."
- Choose toys for your kids that encourage physical activity, such as balls, skateboards, hula hoops and jump ropes.
- Keep exercise equipment out where it can easily be used for a quick workout.
- Instead of always having the TV on for company or background noise, play music that inspires you to get up and move.

<https://www.heart.org/en/healthy-living/fitness/getting-active/how-to-move-more-anytime-anywhere>