

FUN AND PRODUCTIVE WAYS TO GET YOUR 30 MINUTES A DAY IN!

Everyday Activities

- 1.Walk or play with your dog!
- 2.Work on the yard - Rake the lawn / Pluck the weeds / Mow the lawn
- 3.Go to the mailbox - take the long way!
- 4.Wash the car
- 5.Chore time ... fold laundry / dusting / ironing / vacuuming / mop the floors
- 6.Take the stairs
- 7.Get cooking! (Bake some bread, knead that dough by hand)

Family/Friend Fun

- 8.Have a family dance party in your living room
- 9.Organize a family football match
- 10.Run through the sprinklers
- 11.Do some hula hooping
- 12.Play catch/kick with the kids
- 13.Jump on the trampoline in your backyard
- 14.Rent a bouncy castle!
- 15.Play frisbee
- 16.Play road hockey with the family
- 17.Explore your neighborhood and go for a light stroll/jog/run

Higher Intensity Workouts

- 18.Go for a hike (choose your intensity!)
- 19.Lift some light weights
- 20.Jump Rope
- 21.Tai Chi - Meditation in Motion
- 22.At home Yoga / Pilates
- 23.Go for a bike ride
- 24.Beach Volleyball!
- 25.Basketball
- 26.Rock Climbing
- 27.Tennis
- 28.Water Sports - swimming / kayaking / canoeing / stand up paddleboarding
- 29.Lace-up those rollerblades!
- 30.Go golfing (Mini putt and the driving range counts!)

