

JUMP IN

FOR WOMEN'S HEART HEALTH

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

1. Walk or play with the dog
2. Rake the lawn
3. Pluck the weeds
4. Mow the lawn
5. Go for a jog/run
6. Go for a swim
7. Have a family dance party in your living room
8. Run through the sprinklers
9. Go for a nature walk
10. Lift some light weights
11. Jump Rope
12. Do at home Yoga
13. Do some hula hooping
14. Clean the house
15. Play catch/kick with the kids
16. Jump on the trampoline in your back yard
17. Go for a bike ride
18. Take the stairs
19. Meditate
20. Bake some bread, knead that dough by hand
21. Take up a virtual workout class
22. Get on the water- Go kayaking
23. Get on the water- Go canoeing
24. Get on the water- Go paddle boating
25. Play hop scotch with the kids
26. Organize an outdoor scavenger hunt with the family
27. Pull out the old roller blades
28. Go golfing (Don't forget to keep your distance)
29. Dust off your workout machines and hop on em
30. Play road hockey with the family

