

Title:

10 Fun Ways To Become More Active ~ Every Day

Word Count:

704

Summary:

You know you should be getting some sort of exercise, you know of all the health benefits that

There are many other options to get more active that don't include jogging, weight lifting or

Keywords:

Article Body:

You know you should be getting some sort of exercise, you know of all the health benefits that

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1) Chase your Kids around the Yard

You'd be surprised at how much of a work out you'll get playing catch with your kids. Time will

2) Turn up the Music and Dance around the Living Room

While you're dusting, putting up dishes, straightening up the kids' rooms, or after you've bee

3) Plant some Flowers

When the weather is nice, just get out there and plant some flowers. Or you could start a litt

4) Go for a Walk with a Friend

Take a walk and invite a friend to come along. I've had some of the best conversations while o

5) Listen to some Music or an Audio Book while You Walk

Again, keeping your mind on something else will make the time fly by and you'll get some extra

6) Sign up for a Yoga or Pilates Class

Consider starting a yoga or Pilates class. Both of these workouts are pretty low impact and wo

7) Take some Dance Lessons with your Partner

Ok, here is the tough part: Convince your partner to take some dance lessons. Dancing will giv

8) Go for a Swim at Your Local YMCA or Aquatic Center

Swimming makes for some great exercise. It is low impact and easy on your joints. Start by swi

9) Go for a Bike Ride

Take the entire family on a bike ride. You can ride through your neighborhood in the evenings

10) Go for a Hike

Look for some hiking trails in your area and go for a hike. This could be a fun activity for y

Go ahead, pick one or two of the activities and get moving. I'm sure you'll come up with plent

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