

Ways to Stay Active

Go for a walk.



Use the stairs.



Play tennis.





Play with your children or grandchildren.



Go for a bike ride.



Go on a hike.



Play bocce ball.



Try roller blading.



Take public transit.



Get a dog.



Go dancing.



Go jogging.



Enjoy a swim.



Take a yoga class.



Learn a martial art.



Stretch.



Play a water sport.



Play catch.



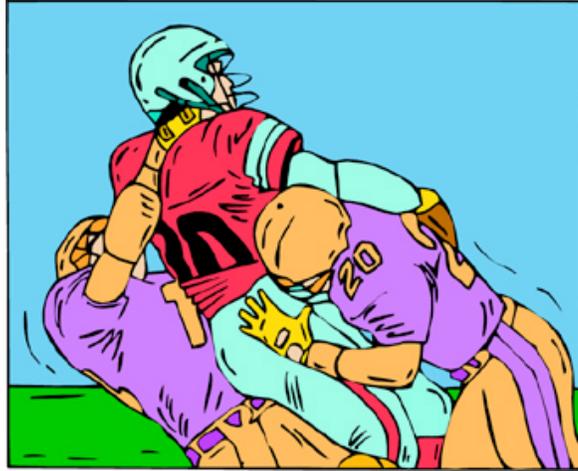
Play frisbee.



Go ice skating.



Shoot some hoops.



Try a team sport.



Join an exercise class.



Lift weights.



Play with a hula hoop.



Touch your toes.



Skateboard to work or school.

Kick a soccer ball around.



Skip rope.



How do you stay active?

This material was written by Marilyn Smitshoek for the Douglas College I-CARE adult literacy tutoring program. You are free to use it with acknowledgement. Images from clipart.com