

# MOVE MORE | Make it Count!



## Move More at Home

Finding ways to be more active around the house sets a good example for kids and can even help you stay on top of housework! The goal is to sit less, move more and add intensity. Every minute you move adds up, so make your time at home count.

- Clearing the table, walking the dog, washing the car, taking the trash out, folding laundry, vacuuming and unloading the dishwasher are all good ways to get your family up off the couch – and get the chores done.
- Put the screens on hold. Instead of heading right for the TV or game console after dinner, take a walk, ride bikes, practice a sport, or play a game of tag.
- Tune into fitness during TV time. Walk or jog in place or work out with weights while you watch your favorite shows. Challenge each other to see who can do the most burpees, push-ups or jumping jacks during commercial breaks or in between episodes.
- Stand up and walk around the house while catching up on phone calls. Throw in some lunges, squats or stairs to get your heart pumping!
- Clear some space, put on some music, and take a dance break! It can re-energize a study session, lazy Sunday or game night.
- Most video games can be played just as well standing as sitting. You might even find it improves your reflexes and thinking!

### TIPS FOR SUCCESS

- Keep a list of active chores and other activities handy for when you hear “I’m bored.”
- Keep exercise equipment out where it can easily be used for a quick workout or family challenge.
- Instead of always having the TV on for company or background noise, play music that inspires you to get up and move.

### POWER UP!

Add intensity by repeating movements. For example, before settling down in a seat, do some chair squats by sitting and standing several times in a row.