



Easy Ways to Have a More Active Lifestyle

Staying is good for both your physical and mental health. But getting off the couch is not always as easy as it sounds. Here are some tips on how to move more in your daily life. Start off easy and then see how much better you feel:

- Drive less and move more! Walk or bike to work or on short errands. Take a brisk walk around the neighborhood with a friend or a pet.
- When you go on errands, park farther away from you destination to get in more steps.
- Schedule exercise and structure your day to include an activity that involves physical exertion.
- Add movement to your TV time. Walk or jog in place, do some jumping jacks, lift weights, or do yoga while watching your favorite shows.
- Forego the elevator/escalator and take the stairs instead.
- Shoot some hoops with your kids or play a game with your dog. You will all feel better!
- Do housework and/or yard work. Vacuum, sweep, garden, and clean inside and outside. All of these activities count as exercise.
- Limit “screen time” for your kids. Send the kids outside to be active before they’re allowed to play video games.

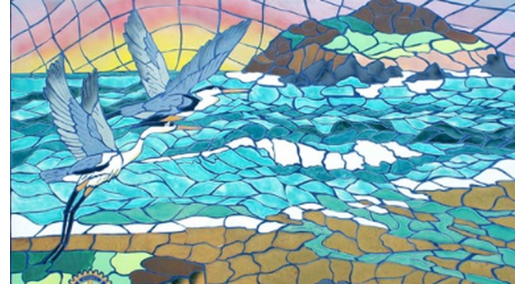
Sincerely,

Del Norte Healthcare District Board of Directors
Kevin Caldwell, M.D.
Michael Young
Elizabeth Austen
Tonya Pearcey, R.N.
Juan Santillan

Source:

<https://lancastergeneralhealth.org/health-hub-home/2022/february/sedentary-lifestyle-and-heart-disease-is-your-couch-killing-you>

We love our community partners! In collaboration with the Del Norte Healthcare District, the [City of Crescent City](#) is now offering FREE Saturday Recreational swims for everyone and monthly swim passes are available to eligible seniors. Call the Aquatic Supervisor at 707-458-8452 for more information.



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Del Norte County Healthcare District | 550 E. Washington Blvd., Ste 400, Crescent City, CA 95531

[Unsubscribe gregoryduncan1200@gmail.com](mailto:unsubscribe_gregoryduncan1200@gmail.com)

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