

10 tips to be more active

AT HOME



1. Dance to your favourite music for 10 minutes each day.

2. Walk when you go shopping (with a shopping cart), rather than drive the car or place an order on the Internet.



3. Perform household chores as an effective way to burn calories: sweeping the floor, cleaning windows, making the bed, cleaning the bathroom.



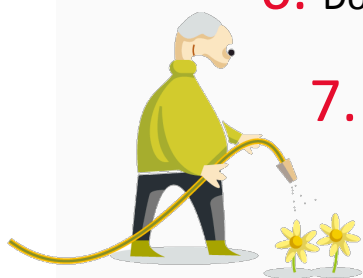
4. Walk the dog (for 30 minutes). It is best to do this with someone else.



5. Clean the car, the motorbike or the bicycle.

6. Do bricolage in a safe way.

7. Do gardening work and look after your orchard.



8. Get up to change the channel on the TV and do not use the remote control.

9. Do stretching and/or exercises that flex your ankles and knees while watching TV.

10. In a nursing home, organize groups to go walking. Meet daily at the entrance and walk a different route every day.

