

10 tips to be more active

LEISURE TIME

1. Practice sports that fit with friends' or with the family's traits.



2. Try a different sport that motivates you: billiards, popular marathons, jai-alai, table tennis, fencing, badminton, rowing.

3. Actively play with your children/grandchildren.

4. Do exercise while children are involved in after school activities, rather than sitting and waiting for them.



5. Go find wild mushrooms. Better to always go with (a) friend(s) or family.

6. Visit museums, the zoo or aquarium, as it makes you walk for hours without realizing it.

7. Organize holidays that include sports activities or involve an active activity: hiking, bicycle tours, sports adventure, cultural walking routes, walks in the countryside and adventure parks.

8. Walk while sightseeing (it is the best way to discover unknown places).



9. Take advantage of healthy sport activities being promoted by each town.

10. Enroll in a sport centre or a civic centre.

