

# 10 tips to be more active

## TRANSPORT

1. Frequently use stairs and avoid using the lift. make sure the stairs are well lit.

2. Should you use the lift, get on or off a floor before your destination and use the stairs.

3. Avoid mechanical stairs in metros, trains and airports.

4. Take public transportation and get off either a few stops before or after your destination, only when the neighbourhood is safe for walking.

5. Wait for the metro or bus. Remember to always give your seat to a person who needs it; in fact, you exert more energy and work on corporal balance while standing.

6. Walk to work and places of leisure. Use a pedometer and aim towards walking between 8,000 and 10,000 steps a day.

7. Use public transportation to take your children to school.

8. Walk your children to school (you will help your children develop an active habit of walking).

9. Park the car/motorbike (approx. 500m) from shop entrances, shopping malls, cinemas, theatres or from home. Walk a minimum of 10 minutes.

10. Use the bicycle as a means of transportation.

