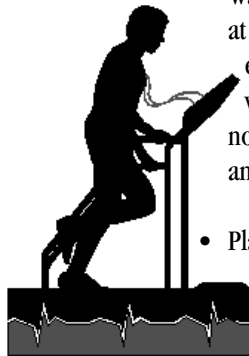


# Lighten Up **INDIANA**

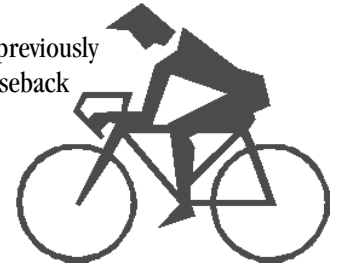
Hoosiers, step up for a happier, healthier life! Call 317-338-6140 or [www.lightenupIndiana.com](http://www.lightenupIndiana.com)

## **TIPS TO ADD EXERCISE TO BUSY SCHEDULES**

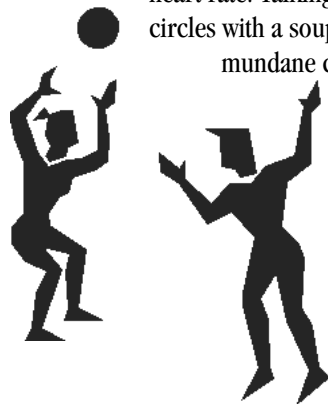
Consider some of these fun and easy suggestions for slipping exercise into your busy schedule.



- Walking is one of the easiest ways to add exercise. Keep comfortable walking shoes at work and spend part of your lunch hour walking or take the steps instead of the elevator at least once a day. Park in the most distant parking space at the mall or when running errands. Walk up and down all the aisles at the supermarket (but not when you are hungry!). Plan your errands in locations where you can park once and walk to the post office, supermarket, cleaners or other locations.
- Play with your kids or the neighbors kids. Take them to the nearest park or mall and follow their lead. Explore everything and enjoy playing to increase activity in your day.



- Consider returning to some activities that you have previously enjoyed such as bowling, tennis, golf, biking or horseback riding. Any activity that replaces sedentary activities are beneficial to your over all health. Invite along a friend to keep your momentum going as well as providing a partner for the activities.
- Complete your tasks with exercise in mind. When you mow the grass, mow like you mean it and increase your pace! Vacuum or scrub the floors with gusto to raise your heart rate. Talking on the phone can be combined with squats, stretches, or arm circles with a soup can for a weight. Be creative and add exercise to those mundane chores that need to be done. After a few weeks, you'll be surprised at the weight loss and toning that have occurred!



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healthier life!**