

Week 9: Different Ways to Exercise Worksheet

Think of ways you could fit more physical activity in to your current daily activities. Use this worksheet to list some things you did in the past few days, including driving to work, walking the dog, or cooking dinner. Beside each item, list how you could increase your activity doing the same action. Here are a few examples to get you started... fill in your own ideas as well!

Before	After
Watched TV	Did crunches/ sit-ups during commercial breaks
1.	
Brewed a pot of coffee	Did bicep curls with cans of soup while you waited
2.	
Put on make-up and fixed hair	Did calf raises (raising your heels off the ground to stand on your toes and lowering back down)
3.	
You drove to work or got off at your bus stop	You parked farther away, or got off a stop early
4.	

You spent your lunch break in the office	You walked to a local coffee shop or park to eat, or took a brisk walk after finishing your home cooked meal
5.	
You took your kids to a movie	You played with your kids, such as playing soccer or baseball
6.	
You went home after work	You brought your gym clothes to work to encourage you to stop by the gym on the way home