

# Tips & ideas for adding **MOVEMENT** to your life

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All movement counts – the more energetic the better  
If you huff & puff a little as you move – Ka Pai

- Never sit still
- Walk your children to school – walk to pick them up
- If walking – do it briskly
- Use the stairs whenever you can
- Walk the long way around
- Do your own housework with oomph!
- If you have a portable phone walk around the room as you talk
- Walk to the mail box don't collect it as you drive in or out
- Get off the bus one stop sooner than you need to
- Park your car a bit further away from your destination than usual
- Walk around the house and section when the ads come on TV
- Walk rather than take the car – especially for short distances
- For longer distances – park a few hundred meters away and walk
- Carry your bags to the car rather than 'trolley' them
- Dance around a bit when some good music is on
- Get rid of the TV remote
- Be cheerleaders while watching sport on TV
- Get dropped off some distance from where you are going
- Never sit for more than 30 minutes without getting up and moving
- Don't FLICK during the ads – get up and boogie
- Move around while waiting for others or the bus
- Get some friends together for a walk at lunchtimes
- Get a hacky sack – frisbee or ball to toss around at lunchtimes
- Get up a few minutes earlier than usual and make it active time e.g. go for a walk, hang out washing, rake up the leaves, do a bit of extra housework

