A FEW CHANGES CAN HELP YOU GET MORE PHYSICAL ACTIVITY

FITTING IN FITNESS

HOME
- Jumping jacks during commercial breaks
- Do your own home improvement projects
- Walk around the house when on the phone

WORK
- Take the stairs instead of elevator
- Walk to a coworker's desk instead of calling
- Set up walking meetings outside of the office
- Bike to work when possible

ON THE GO
- Park the car farther away to increase walking distance
- Carry your food when shopping for light groceries
- Add a few blocks when walking the dog

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