



## GET ACTIVE!

Simple ACTS for a healthy living



**ACT 1** - Play upbeat music while doing chores. It will keep you moving.

**ACT 2**- Don't sit swapping other channels during a commercial break in your favorite serial. Do some squats or stretches.

**ACT 3**- Walk to the market. Why burn fuel when you can burn calories?

**ACT 4**- Clean up your room! Change the look every month. Put the tea cup in the kitchen. Wash your plate. Replace things. Get cleaning!

**ACT 5**- While at work, don't just take a break. Take a walk. Finish your *chai* and walk around.

**ACT 6**- When you go for a vacation, include sports activities, instead of just bay watching.

**ACT 7**- Pack a healthy snack while travelling so you don't have to eat whatever is available on the train, bus or flight! Even if it's a long day at work, pack a snack.

**ACT 8**- Volunteer to put up those festive decorations at home- reach out, climb up-go for it.

**ACT 9**- Walk with family. Take your mom or dad for an evening walk. If they're not around, walk your dog.

**ACT 10**-Take the stairs. Please don't use the lift for the first floor at least! Breathe Continuously and keep climbing.

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