Diabetes Foundation

28 Ways to **Move More**

Be Active! 30 minutes/day, 5 days/week

You don't need to run or be at the gym to get fit. Every small, extra move you do during the day really adds up fast! Here are 28 easy ways you can move more to burn calories, boost energy and balance blood glucose levels. Be a mover and shaker! Dance while brushing your teeth, tap your feet when sitting or work in a few yoga stretches before you go to bed. Write down little ways you can move more each day and set an exercise goal for yourself!

1
Walk your dog or borrow the neighbor's for a test drive



2
Walk over and talk to your neighbor or coworker instead of emailing or calling

3
Sign up or volunteer for activities like a 5K walk or triathlon—it's never too late to start! Go to active.com for events near you.

4
Feeling the afternoon slump? Skip the coffee or candy and take a couple of trips up and down the stairs instead.

5
Play active video games like the Wii tennis or boxing



6
Organize functions that burn calories like a walking book club, bowling, kayaking or touring a museum

7
Pace, march in place or do calf raises while you talk on the phone or wait for appointments

8
Stay moving when the weather's gloomy! Rent an exercise DVD from the libarary or Netflix, groove to tunes or clean the garage

9
Set a pop-up on the computer, an alarm on your phone or the timer on your watch to go off every 1-2 hours as a reminder to get up and move

10
Move during commercials! Lift a light set of dumbbells or cans, do jumping jacks or try seated leg lifts.



11
Save time and increase steps! Park at the outer edge of parking lots



12
Set your default for the printer farthest away. This is a great way to add more steps while you work!

13
Walk around the block or up and down the street each time you get the mail

14
Walk or bike to do nearby errands like buying coffee, grabbing lunch or picking up the dry cleaning

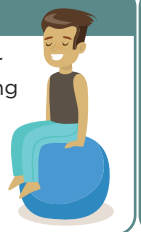
15
Burn calories while cleaning—vacuum, mop the floors or rearrange the furniture



16
Spruce up your yard—dig in the garden, mow the lawn with a push mower or pull weeds

17
Skip dessert and seconds and go for a family walk or bike ride instead

18
Firm up your core by sitting on a fitness ball when you read, work or watch TV



19
Hide the remote! Get your blood circulating by walking to the TV to change the channel

20
Carry in groceries one bag at a timeor make multiple trips up and down to do the laundry



21
Host a walking meeting—this helps keep your group awake and gets the creative juices flowing!

22
Use the restroom on the floor above or below the one that's farthest away

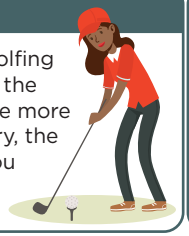
23
Unplug the TV or computer and play with the kids—tag, hide-and-seek or frisbee



24
Take a couple of laps around the outside edges of supermarkets and stores before you shop

25
Take the stairs instead of the escalator whenever you can

26
Enjoy golfing without the cart—the more you carry, the more you burn!



27
Refill your coffee cup or water bottle from the machine that's farthest away

28
Walk in instead of driving-thru at the bank, post office or out to eat

This information is for general education only. Please consult your diabetes team for medical, nutrition or fitness advice.

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