

## Here are some ideas to get you started. How many more can you come up with?

1. Turn off the TV and take a walk around the block with the family every evening after dinner.
2. Walk to the mailbox, post office, store or bank whenever possible.
3. Push a stroller or pull a wagon. Your children will love it.
4. Turn on the radio while you clean—and dance around! It can be both fun and aerobic.
5. Instead of using the remote control, pick a week when everyone must get up to change the TV station.
6. Take the stairs at work. Try it two at a time.
7. At home, go up and down the stairs 10 times in the morning and 10 times at night.
8. Wash and wax your car by hand.
9. Have “walking meetings” with business colleagues.
10. Jog in place while watching TV.
11. Wash windows, switching hands every other window.
12. When you take the kids to the park, hop on swings and pump with your legs.
13. Limit screen time and maximize outdoor time.
14. Rake rather than using a leaf blower. Afterward, jump in the pile!
15. Laugh a lot. You'll feel better—and it has great health benefits!
16. Park farther away in the lot.
17. Walk the dog once a day. You'll both feel better!
18. Do 10 jumping jacks as soon as your alarm goes off in the morning. Stretch for 5 minutes first.
19. Next, do 10 push-ups!
20. Skip rope for 5 minutes a day. Do it during your favorite TV show, and see how much you can improve throughout the season.
21. Take a walk after you take out the garbage (hey, you're outside anyway, right?).

*Commit to Fit!* is a community-wide initiative of the Greater Flint Health Coalition, its Health Improvement Committee and a growing collective of community-based partners, including:

AFL-CIO  
Baker College of Flint  
Blue Cross Blue Shield of Michigan  
Citizens Banking Corporation  
City of Flint  
Clio Healthy Communities  
Crim Fitness Foundation  
Flint Area Reinvestment Office  
Flint Farmers' Market  
Food Bank of Eastern Michigan  
General Motors Corporation  
Genesee County Board of Commissioners  
Genesee County Community Mental Health  
Genesee County Department of Human Services  
Genesee County Health Department  
Genesee County Medical Society  
Genesee County Osteopathic Society  
Genesee Intermediate School District  
Genesee Regional Chamber of Commerce  
Genesys Health System  
Hamilton Community Health Network  
HealthPlus of Michigan  
Hurley Medical Center  
International United Auto Workers  
McLaren Regional Medical Center  
Mott Children's Health Center  
Mott Community College  
MSU Extension  
UAW Region 1-C  
United Teachers of Flint  
University of Michigan-Flint

**Not on this list? Why not?**

**Join the MOVEment today – Commit to Fit!**



Learn more at [commit-2-fit.org](http://commit-2-fit.org), where you can discover more simple tips and track your physical activity and nutrition progress. Contact the Greater Flint Health Coalition at 810.232.2228 or [gfhc@flint.org](mailto:gfhc@flint.org) today.

# 99 EASY WAYS TO Better Health

Even small daily choices can help you feel better and live healthier.

## Simple steps lead to better health.

If you pump iron daily and spend hours a week running on a treadmill, you're probably pretty fit already. If you don't do those things, take heart. You can still improve your fitness, enjoy better health and extend your life by adding a few simple activities into your day. Did you know that vacuuming is a great upper body workout? Or that you can raise your heart rate by parking your car in the last row at the mall?

Did you know that for the average 150-pound person, everyday activities burn the following calories in 30 minutes:

Raking leaves = 147

Gardening or weeding = 153

Vacuuming = 119

Playing with kids = 136

Mowing the lawn = 205

In addition to burning calories, the cumulative effects of these and other suggested *Commit to Fit!* activities can reduce your risk of heart disease, high blood pressure, diabetes and even depression.

The *Commit to Fit!* challenge is not about becoming a marathon runner or yoga guru. It's about making conscious daily choices with your health in mind. This includes active living, eating fruits and vegetables, drinking plenty of water and getting eight hours of sleep each night.

Rally your friends and family to take this simple challenge, then go to [commit-2-fit.org](http://commit-2-fit.org) to learn more and to track your own personal fitness progress.

It will be the best simple thing you do today.

22. Get off the bus several blocks early and walk the rest of the way.
23. If possible, walk to your destinations while on vacation, rather than renting a car or taking a cab.
24. Whenever possible, walk or bike to your destinations while at home, too.
25. Grab a basketball and shoot a few baskets.
26. Use a walk-behind, rather than riding lawn mower.
27. Go to your local high school and walk around the track.
28. Ride a bike to work—or to the store, school or a friend's house.
29. Take a dance class. (Take your spouse and family, too!)
30. Participate in "Adopt A Highway."
31. Work with your employer to start a workplace wellness program.
32. Go roller skating. To make it more fun, take the family or some neighbors with you.
33. Set a goal to complete your first charitable walk this year.
34. Take up a sport you've never tried.
35. Take study or work breaks by walking around or going up and down a flight of stairs.
36. Water aerobics is great for the heart and muscles and easy on the joints.
37. Go window shopping.
38. Maintain a garden, even a small one.
39. Move the furniture when you vacuum. (Be careful not to move furniture that's too heavy.)
40. Revisit your childhood by trying a few cartwheels in the back yard.
41. Adopt a park.
42. Get together with neighbors to beautify your neighborhood.
43. Jump for one full minute on a pogo stick. OK, now do it again.
44. Join a fitness center.
45. Enroll your child in any sports or arts program.



46. Hike in the woods and look for birds.
47. Organize a group of co-workers to walk 15 minutes during your lunch break. Invite your boss.
48. Go to a strawberry farm and pick your own berries. (Also works with blueberries, apples, peaches and fresh vegetables.)
49. Play catch with a friend.
50. Swim laps at your local high school or the YMCA.
51. Wear wrist weights when walking. Try brisk steps as you go.
52. Take your toddler to the local SKIP program offered in all Genesee County school districts.
53. Play ping-pong.
54. Join a Crim walking or training program.
55. Call your local school's community education department and sign up for hockey, soccer, volleyball, softball or another seasonal sport.
56. Try in-line skating. (Remember to wear protective pads.)
57. Here's an exercise bike idea. Once a week, each family member takes turns using it, 15 minutes each, during a favorite family show or video.
58. Walk, run or ride the Flint River Trail! It's 12 miles long east to west.
59. Visit one of Genesee County's 89 parks, you'll be happy you did.
60. Play Frisbee or Disc Golf.
61. Walk three times around your office building during lunch.
62. Get a puppy you can play outside with. (Or borrow your neighbor's.)
63. Wrestle with your grandkids or play a game of chase.
64. Do some toddler lifts! The kids will love it and you get their smiles as well as the health benefits.
65. Build a snowman. (For best results, try this only in the winter.)
66. Sign up for a nutrition class at MSU Extension.



67. Join the kids when they play in the snow.
68. If you eat out at lunch, walk to the restaurant rather than driving.
69. Remember those dreaded leg lifts? Do a few during your favorite TV show.
70. Take the family to the school after hours and enjoy a game of touch football with the kids on the ball field, or race them around the track.
71. Quit smoking – exercise will feel better and easier.
72. Get the family together and play volleyball or badminton in the back yard or at a local gym.
73. Help coach your child's sports team.
74. Take the kids to the park and let them run around. Be sure to run around with them! (Don't worry, nobody's watching.)
75. Get some small weights (two or three pounds) and lift them while watching TV. (Make sure you lift them correctly, though.)
76. Hold your child's next birthday party at the roller skating rink. (Don't just watch; join in!)
77. Go to the mall and walk around the entire inside three times.
78. Vacuum the entire house twice a week.
79. Push-ups are a great way to get fit. Try 10 push-ups in the morning and 10 more at night. Try to work yourself up to 30, twice each day.
80. Take up snow skiing.
81. Sweep the floor, inside or out. Use brisk sweeps to increase intensity.
82. Play fetch with the dog for 20 minutes each day.
83. Do 30 jumping jacks in the morning and 30 more while watching TV at night. For a little more fun, get the whole family jumping with you!
84. Visit a museum or art gallery. The walking is great exercise.



85. Do you have a play area with swings and slides? Go play for a few minutes each day. You'll get your heart going, get a little exercise—and you'll have a blast with the kids.
86. When talking on the phone, use a portable phone and walk around the house.
87. Do your work-related reading while on an exercise bike or exercise ball.
88. Push yourself back from your desk and perform some chair exercises.
89. When your children are at the playground, walk around the perimeter instead of just watching.
90. Exercise early in the day, before mental fatigue helps you talk yourself out of it.
91. Recruit an exercise buddy to keep each other going.
92. Take a yoga class to stretch and tone muscles and release stress.
93. Start a community garden to get active and eat fresh.
94. Next time you go shopping, take a few laps around the mall before you leave.
95. Start a church health team.
96. Volunteer at your local food bank.
97. Spend a Saturday at the Flint Farmers' Market. Walk around and talk to the vendors and sample fresh produce!
98. Take the kids to the beach and play in the water.
99. Get a hula hoop!



Learn more, make your *Commit to Fit!* pledge and start tracking your progress by logging onto [commit-2-fit.org](http://commit-2-fit.org).

