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. Take the stairs at work. Try it two at a time.
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?)

Join the MOVEment today – Commit to Fit! Genesee County & Flint
Visit us at commit2fit.com

- Set personal health & fitness goals
- Track physical activity
- Monitor your weight
- Sync your wearable fitness tracker
- View our community events calendar
- Find healthy recipes
- Join a wellness team
- View personal stories from local residents or share your own story
- Build a list of “health buddies” for support and encouragement
- Participate in community-wide wellness challenges
- Earn prizes for tracking your healthy behaviors

On the go? Take Commit to Fit! with you.
Connect your wearable fitness tracker or mobile fitness app to commit2fit.com.

Download our free mobile app for iPhone /Android today from commit2fit.com.

Commit to Fit! is a community-wide initiative of the Greater Flint Health Coalition

Learn more at commit2fit.com, where you can discover more simple tips and track your physical activity and nutrition progress. Contact us today at 810.232.2228 or commit2fit@flint.org.

Simple steps lead to better health.

If you go to the gym 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 commit2fit.com 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 snow skiing.
35. Take part in the “Commit to Fit!” pledge and rewards for choosing healthy menu items!
36. Water aerobics is great for the heart and muscles and easy on the joints.
37. Go window shopping.
38. Mend a garden, even a small one.
39. Have a play area with swings and slides? Go play for a few minutes each day. You’ll have a blast with the kids.
40. Visit a museum or art gallery such as the Flint Institute of Arts or Sloan Museum. The walking is great exercise.
41. Get together with neighbors to beautify your neighborhood.
42. Help coach your child’s sports team.
43. Do 30 jumping jacks in the morning and 30 more at night. Try to work up to 30, twice each day.
44. Do some toddler lifts! The kids will love it and you get their smiles as well as the health benefits.
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. Call your local school’s community education department and sign up for hockey, soccer, volleyball, softball or another seasonal sport.
49. Play catch with a friend.
50. Wear skirt weights when walking. Try brisk steps as you go.
51. Take your toddler to the local SKIP program offered in all Genesee County school districts.
52. Play frisbee or Disc Golf.
53. Play ping-pong.
54. Join a Crim walking or training program.
55. Help coach your child’s sports team.
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. Join the kids when they play in the snow.
60. Get a hula hoop! (For best results, try this only in the winter.)
61. Help coach your child’s sports team.
63. Help coach your child’s sports team.
64. Play with a sock puppet. Try to invent a new idea.
65. Go to the mall and walk around the entire inside of the store, school or a friend’s house.
66. Join the kids when they play in the snow.
67. Help coach your child’s sports team.
68. Do some toddler lifts! The kids will love it and you get their smiles as well as the health benefits.
69. Help coach your child’s sports team.
70. Go to a strawberry farm and pick your own berries.
71. Help coach your child’s sports team.
72. Help coach your child’s sports team.
73. Volunteer at your local food bank.
74. Help coach your child’s sports team.
75. Help coach your child’s sports team.
76. Help coach your child’s sports team.
77. Help coach your child’s sports team.
78. Help coach your child’s sports team.
79. Help coach your child’s sports team.
80. Help coach your child’s sports team.
81. Help coach your child’s sports team.
82. Help coach your child’s sports team.
83. Help coach your child’s sports team.
84. Help coach your child’s sports team.
85. Help coach your child’s sports team.
86. Help coach your child’s sports team.
87. Help coach your child’s sports team.
88. Help coach your child’s sports team.
89. Help coach your child’s sports team.
90. Help coach your child’s sports team.
91. Help coach your child’s sports team.
92. Help coach your child’s sports team.
93. Help coach your child’s sports team.
94. Help coach your child’s sports team.
95. Help coach your child’s sports team.
96. Help coach your child’s sports team.
97. Help coach your child’s sports team.
98. Help coach your child’s sports team.
99. Help coach your child’s sports team.

Learn more, make your Commit to Fit! pledge and start tracking your progress by logging onto commit2fit.com.