Add More Movement

Ways to increase your physical activity

- Take the stairs instead of the elevator
- Use a standing desk
- Walk your dog
- Park further away from the entrance to the store get in more steps
- Choose to walk or bike when possible
- Set alarms on your phone or smart watch to remind you to move
- Add daily chores like taking out the trash and checking the mail
- Go swimming or other water activities
- Add short 5–10 minutes of exercise throughout the day
- Find a partner to take daily walks with you
- Dance in your living room
- Get more steps while you're grocery shopping

Live an active lifestyle

Small activities throughout the day add up



Walking (3.0 mph)
150–200 calories per hour



Mowing the lawn
315 calories per hour



Standing (instead of sitting)
70 calories per hour



Playing with kids
(moderate intensity)
140 calories per hour



Mopping the floor
60–70 calories in 15 minutes



Gardening
315 calories in 15 minutes

CENTRAL HEALTH
TRAVIS COUNTY HOSPITAL DISTRICT

Fuel Your Body

Before you exercise, choose a snack with a complex carbohydrate and a protein. This will ensure your body has fuel.

If you live in a warm climate and sweat a lot, you may need to drink extra electrolytes. Speak with your doctor or dietitian for recommendations.

Pre-workout snacks

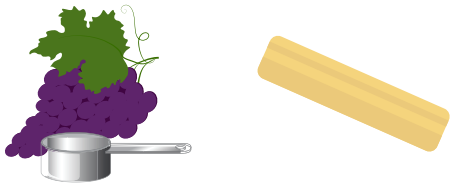
1 tortilla
+
2 slices of turkey meat



Slice of toast
+
1 tbsp peanut butter



1/2 cup grapes
+
1 cheese stick



Medium apple
+
1 tbsp peanut butter





Stay hydrated

Drink water before, during, and after exercise.

Aim for a minimum of 8 cups of water per day.