

Find Your Move.

Ways to be active if you don't like exercise.

Change up the language - often exercise makes us think of the gym, or running, or doing a certain workout. Instead, think about moving your body.

Do the things that bring you joy and get you moving, that's what exercise is about!

Music - make a playlist to get you motivated to move

Take a class that gets you moving

Get outside

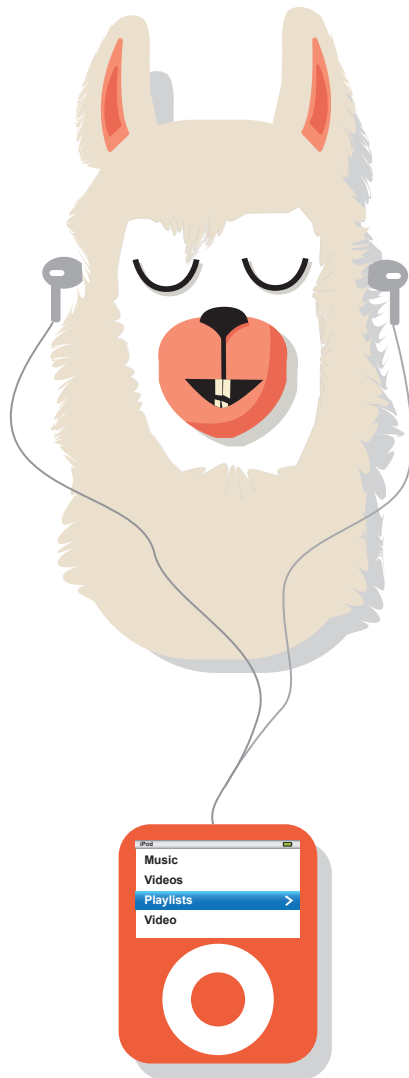
Go for a walk

Try a new activity like skateboarding or rollerblading

Swimming

Dance Parties by yourself or with your friends

Play a video game (Wii Sports, Dance Dance Revolution)



Jump on the trampoline

Biking

Water Sports (surfing, kayaking, paddle boarding)

Go window shopping (walk around the mall)

Take the long way to your destination

Park your car far away

Do a posture check (upright posture engages core muscles and requires more energy to maintain)

Do some chores