

## MAKE YOUR MOVE AT HOME



### QUICK TIPS FOR MOVING MORE AT HOME

- Get hands-on with the housework: hang laundry instead of using the dryer, wash the dishes rather than using the dishwasher, sweep and mop instead of using the robot vacuum, have a tidy-up race
- Tackle your yard work: try using a push rather than a powered mower, then rake, weed, plant and mulch by hand, or wash your car yourself
- Farm and preserve herbs and vegetables
- Dig in to a DIY project: Reorganize, redecorate or even refurbish your furniture, paint your walls, decorate for an upcoming holiday, or embark on a fix-it project
- Put on some tunes and add some groove to your moves
- Do some stretches while waiting for the kettle or microwave



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- Organize yourself into action: place frequently used items high or low shelves so that you need to move more to access them
- Break up sedentary screen time by adding up to five minutes of activity between each task or episode. Try:
  - rolling your shoulders
  - stretching
  - marching or skipping on the spot
  - doing squats
  - doing heel raises
  - having a mini dance party
  - climbing a few flights of stairs
- Play active games with your kids
- Live in a multi-story home? Use the washroom on another level
- Live in an apartment building? Walk the halls and take the stairs – build up over time to do the whole building

