Activity Suggestions

Get a pedometer and start working towards 10,000 steps a day (about 5 miles)

Walking -- either outside or on a treadmill
   Places to walk outside:
      Indoor malls prior to opening
      W & OD trail, or other bike trails around the area
      Just around the neighborhood

Running -- either outside or on a treadmill
Riding a bike – either outside or stationary
Dance class
Dancing to a favorite album or playlist
Water aerobics
Spin class
Workout DVD’s