

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