

28 Ways to Move More

Be Active!
30 minutes/day
5 days/week

You don't need to run or be at the gym to get fit. Every small, extra move you do during the day really adds up fast! Here are 28 easy ways you can move more to burn calories, boost energy and balance blood glucose levels. Be a mover and a shaker! Dance while brushing your teeth, tap your feet when sitting or work in a few yoga stretches before you go to bed. Write down little ways you can move more each day and set an exercise goal for yourself!

This information is for general education only. Please consult your diabetes team for medical, nutrition or fitness advice.

1 Walk your dog or borrow the neighbor's for a test drive. 	2 Walk to talk to your neighbor or coworker instead of emailing or calling.	3 Sign up or volunteer for activities like a 5K walk or triathlon— it's never too late to start! Go to active.com for events near you.	4 Feeling the afternoon slump? Skip the coffee or candy and take a couple trips up and down the stairs instead.	5 Play active video games like the Wii tennis or boxing. 	6 Organize functions that burn calories like a walking book club, bowling, kayaking or touring a museum.	7 Pace, march in place or do calf raises while you talk on the phone or wait for appointments.
8 Stay moving when the weather's gloomy! Rent an exercise DVD from the library or Netflix, groove to tunes or clean the garage.	9 Set a pop-up on the computer, an alarm on your phone or the timer on your watch to go off every hour or two as a reminder to get up and move.	10 Move during commercials! Lift a light set of dumbbells or cans, do jumping jacks or try seated leg lifts. 	11 Save time and increase steps! Park at the outer edge of parking lots. 	12 Set your default for the printer farthest away. This is a great way to add more steps while you work!	13 Walk around the block or up and down the street each time you get the mail.	14 Walk or bike to do nearby errands like buying coffee, grabbing lunch or picking up the dry cleaning.
15 Burn calories while cleaning— vacuum, clean the floors or rearrange furniture. 	16 Spruce up your yard—dig in the garden, mow the lawn with a push mower or pull weeds.	17 Skip dessert and seconds and go for a family walk or bike ride instead.	18 Firm up your core by sitting on a fitness ball when you read, work or watch TV. 	19 Hide the remote! Get your blood circulating by walking to the TV to change the channel.	20 Carry in groceries one bag at a time or make multiple trips up and down to do laundry. 	21 Host a walking meeting—this helps keep your group awake and gets the creative juices flowing!
22 Use the restroom on the floor above or below or the one that's farthest away.	23 Unplug the TV or computer and play with the kids—tag, hide-and-seek or Frisbee. 	24 Take a couple laps around the outside edges of supermarkets and stores before you shop.	25 Take the stairs instead of the escalator whenever you can.	26 Enjoy golfing without the cart—the more you carry, the more you burn! 	27 Refill your coffee cup or water bottle from the machine that's farthest away.	28 Walk-in instead of driving-thru at the bank, post office or out to eat.