



# Fun Ways to Increase Your Daily Steps and Activity

1. Take stairs instead of using the elevator
2. Ride a bike in the neighborhood with parental permission
3. Weed the flower or vegetable garden
4. Walk at school during recess
5. Take a family walk after the evening meal
6. Walk to the store
7. Help with chores like vacuuming, dusting, sweeping and mopping.  
Have a race to see who can finish first.
8. Go roller skating or roller blading
9. Rake leaves
10. Wash the family car
11. Do an exercise video
12. Play tag
13. Play music and dance around the house
14. Take a walking trip at the park
15. Participate in a team sport
16. Join an exercise class
17. Run through the sprinkler or go to the community pool
18. Play catch with a softball, football or a flying disc
19. Do jumping jacks
20. March in place
21. Practice the Hula-Hoop
22. Shoot baskets
23. Walk the dog
24. Jump rope
25. Have parents park farther ways from the entrance of the store
26. Walk around while talking on the phone
27. Hop on one foot as long as you can
28. Walk around the house during a commercial break
29. Make an obstacle course and try to lessen the time it takes to complete
30. Develop a walking scavenger hunt



**HAVE FUN whatever activity you do and REMEMBER to record the steps you take every day.**

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