

TIPS FOR NEW NONSMOKERS

Making Physical Activity a Regular Part of the Day

Choose activities that you enjoy and can do regularly. Fitting activity into a daily routine can be easy; take a brisk 10 minute walk from the parking lot or bus stop to work or the grocery. Joining an exercise class can be a fun way to make new friends. Keep exercise interesting by trying different activities. Every little bit adds up and doing something is better than doing nothing.



Try to make each activity last for 10 minutes for the best results. Walking your dog for 10 minutes before and after work or adding a 10 minute walk at lunch or break times can add up quickly to your exercise goals.

Mix it up! Swim, take a yoga class, garden or lift weights. To be ready anytime, keep some comfortable clothes and a pair of walking or running shoes in the car and at the office.

More ways to increase physical activity

At home:

- Join a walking group in your neighborhood or at a mall. Find a friend to join you to make it even more fun.
- Get the whole family involved! Enjoy an afternoon bike ride or walk with your kids or push the baby in their stroller.
- Walk up and down the sidelines while you watch your kids play sports.
- Play with the kids — tumble in the leaves, build a snowman, splash in a puddle, or dance to favorite music.
- Walk the dog — don't just watch the dog walk.
- Clean your house or apartment, do laundry and fold the clothes standing up.
- Walk, skate, or cycle more- and drive less. (You'll save gas money too!)
- Do stretches or pedal a stationary bike while watching television.
- Mow the lawn or wash your car on a sunny day.
- Plant and care for a vegetable or flower garden.
- Exercise to a workout video.



At work:

- Get off the bus one stop early and walk.
- During breaks take a brisk 10-minute walk.
- Take the stairs.
- Get up and go talk to your co-worker instead of emailing or calling them.
- Join an exercise group at work or a nearby gym.
- Join the office softball team or walking group.



At play:

- Walk, jog, skate, or cycle.
- Swim or do water aerobics.
- Take a class in martial arts, dance, or yoga.
- Golf (pull cart or carry clubs).
- Canoe, row, or kayak.
- Play racquetball, tennis, or squash.
- Play basketball, softball, or soccer.
- Hand cycle or play wheelchair sports.
- Take a nature walk.
- Most important — have fun while being active!



DEPARTMENT OF
**PUBLIC HEALTH
AND WELLNESS**

Louisville Metro Department of Public Health & Wellness and Kentucky Cancer Program coordinate the Cooper/Clayton Method to Stop Smoking program in collaboration with community partners.

