

30 Ways to Get 30+ Minutes

1. Begin with just ten minutes. Increase to 20 and then to 30 minutes as you feel comfortable and motivated.
2. Walk to work, school, the store, or church.
3. Call a friend to walk with you. When you set up an appointment, you are more likely to follow through.
4. Walk in your neighborhood. Discover what has always been there.
5. Park the car farther away from your destination. Remember that you will feel better for doing 30 minutes daily ... guaranteed!
6. Get on or off the bus several blocks away.
7. Walk in the swimming pool or at the beach. It is easier on the joints.
8. Walk the dog. Look at Rover as a walking machine with hair.
9. Walk 10 minutes three times per day. Walk the dog in the morning, take 10 before or after lunch, and walk around the block a few times before you get back into your car at the end of the day.
10. Walking around your local mall or shopping center.
11. Walk with your friends after your weekly worship service.
12. Walk the kids to school once each week.

13. Take a walking break, instead of a coffee break.

14. Cut your grass with a mower that you push or follow.

15. "Run your errands" - walk or run instead of drive when taking short trips to the drug store, restaurant, or visiting a neighbor.

16. Instead of meeting a friend for coffee, meet for a walk. You will be surprised at how much ground you can cover.

17. Walk on the treadmill while watching TV or making phone calls.

18. Take the bus. People who use mass transit walk about 70 minutes more per week.

19. Take a 10 minute walk at lunch.

20. Set up a walking school bus. Pick up kids in the neighborhood as you walk to school

21. Give up your expensive parking pass at work. Car pool or take the bus.

22. Slip on a hat, and slop on some sunscreen and head for the beach. Walking on the sand provides extra resistance and you will get a better workout.

23. Walking will reduce stress, anxiety, and depression. You will feel better.

24. Take your kids for a walk. Making walking a fun activity the whole family can enjoy.

25. Schedule a walk and talk. Moving meetings are a great substitute for sitting in a conference room.

26. Set up a walking group in your neighborhood that weekly at a set time in the morning or evening. Sometimes its easier to be faithful to your friends.

27. Benefit a good cause by doing a charity walk.

28. Do a walking meditation. Stay mindful of your body as you walk at a different pace.

29. Commit to using walking to lose weight. 60-90 minutes daily will lead to weight loss.

30. Walk around the athletic field while your kids are at little league or soccer practice.

31. Remember, walking will make you look and feel better. Walking actually gives you energy. Notice how much better you feel at the end of 10 minutes. The first few steps may be the hardest.

*As adapted from Promoting Physical Activity, a guide for community action. USDHHS