

Get Active At Home

Make time throughout the day to move your body from the comfort of home.

RETHINK YOUR EQUIPMENT



You don't need gym equipment to get a good workout. Walk up and down the stairs and use canned goods or full water bottles as weights.

BE AN ACTIVE FAMILY



Jumping rope, playing sports and walking with your family is a great way to get moving.

MAKE YOUR CHORES COUNT



Vacuuming, sweeping, gardening and yard work count towards your physical activity goal.