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be active

fit it in!

- Park farther from your office.
- Walk when shopping or doing other errands.
- Use breaks to go on a fast-paced walk for at least 10 minutes.
- Walk during your lunch break either alone or with co-workers.
- Get off one stop early when you take the bus or subway and walk the rest of the way.
- Make it a family activity! Walk together after dinner a few times a week.



**U.S. Department of
Health and Human Services**
Centers for Disease
Control and Prevention