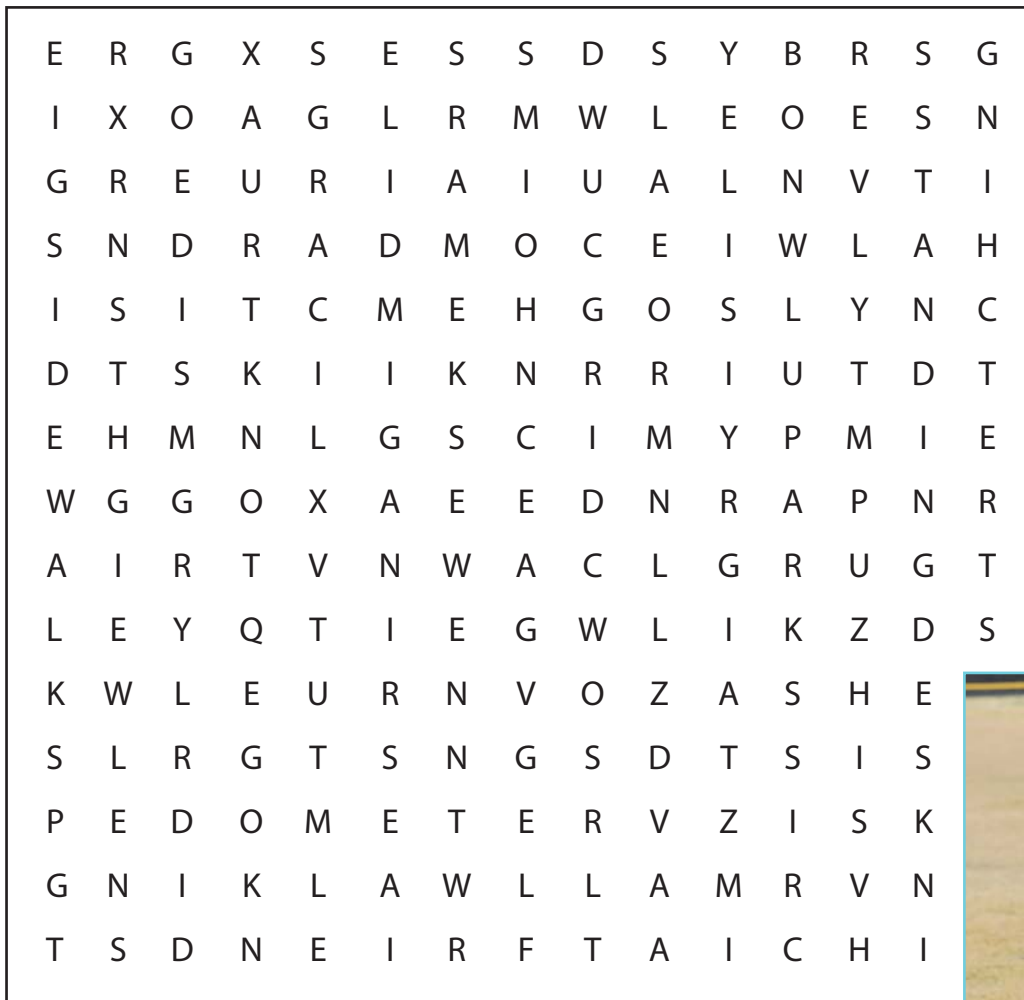




Get On Up!

Studies show that sitting down most of the day is bad for our health. Here are 20 things that can help us shed our couch potato ways and add a little extra activity to our days! Give your brain a workout and find them all.



- PEDOMETER**
- SENIOR CENTER**
- SIDEWALKS**
- STAIRS**
- STANDING DESK**
- STRETCHING**
- SWIMMING**
- TAI CHI**
- TREADMILL**
- WEIGHTS**

- | | |
|-----------------------|---------------------|
| BEACH | GOALS |
| DOG WALKING | MALL WALKING |
| EXERCISE CLASS | MOVING |
| FRIENDS | MUSEUMS |
| GARDENING | PARKS |

