

Employee Worksheet

Activity FUN from A to Z

Fit & Fun Families

Activity FUN from A to Z

Why?

We're told physical activity is important for all ages and the benefits are many. What *ARE* the benefits to an active lifestyle? Just to name a few...

- Tone and firm the body.
- Improve bone density and reduce the risk of osteoporosis.
- Help maintain a healthy body weight or lose weight.
- Improve sleep.
- Reduce the risk of heart disease and certain cancers.
- Improve balance, flexibility, and strength.
- Feel better and have more energy.
- HAVE FUN!

Physical Activity Benefits

Regular physical activity reduces the risk for many diseases, helps control weight, and strengthens muscles, bones, and joints. For older adults, it can also reduce the risk for falls.

Centers for Disease Control and Prevention

What?

Concentrate on quick and fun ways to be active and let the health benefits be the added motivation for you! Here is a fun A to Z list of active ideas for all ages!

- A** - Aim for at least 30 minutes of physical activity each day...stationery bike while watching TV, stretch while talking on the telephone, or take three 10 minute breaks to jog (or "march") in place.
- B** - Balls & more balls...basketball, baseball, football, golf, tennis, soccer, volleyball.
- C** - Clubs...form your own walking or biking club with friends, co-workers, or family.
- D** - Dance...to the oldies, rock, pop, or do the tango! Make dancing intergenerational!
- E** - Everyday ways...consider less convenience appliances, more motion in your day.
- F** - Frisbee fun...Frisbee disc golf, Frisbee tag, distance or accuracy contests.
- G** - Get outside...find a place to walk, bike, swim, play tennis and enjoy the outdoors.
- H** - Hop...like a rabbit, try hip hop dancing, hopscotch on the sidewalk.
- I** - "I Spy"...hide and seek fun, or try a scavenger hunt in the park or yard.
- J** - Juggling...balls, scarves, or hoops...great for hand eye coordination.
- K** - Kite flying...how long has it been?
- L** - Leaves...walk in the leaves, play touch football, rake them up!



Employee Worksheet

Activity FUN from A to Z

Fit & Fun Families

- M** - Move more...get up every 30 minutes and just MOVE!
- N** - Noon time activity...10 minute lunch and 10 minutes of activity fun!
- O** - Observe no more...walk the sidelines while the kids practice soccer or baseball.
- P** - Plan your next meeting as a walk and talk meeting.
- Q** - Quicken your step, pick up the pace, walk a bit faster.
- R** - Ring toss...use household or office basics to create your own!
- S** - Stretch bands...enjoy stretch bands to help increase strength.
- T** - Take time...plan in activity just like you do work and family needs.
- U** - Upbeat...make activity fun to do; not a have to do!
- V** - Video...consider an aerobics, yoga or pilates video at home or on the road.
- W** - Wash and wax the car, good for YOU and the car!
- X** - Xtra fun...stretch while you wait in a line...watch how contagious this is!
- Y** - Yawn and relax those tight facial muscles, roll your shoulders, relax your neck!
- Z** - Zoo...walk through the zoo, imitate the animal motions with the kids!

Healthy Heart Aerobics

Regular aerobic physical activity increases your fitness level and capacity for exercise. It also plays a role in both primary and secondary prevention of cardiovascular disease.

Physical inactivity is a major risk factor for heart disease and stroke and is linked to cardiovascular mortality.

The American Heart Association

What?

What will YOU choose? Will you start with "A" and work your way through "Z"? Or will you look for and try some of your own A B C's?

CHOOSE to do something now. Write 3 things you will do in the next week to be active and have fun! As a reminder, put them on your refrigerator. Find someone to enjoy them with and double the fun.

Three things I would ENJOY doing in the next week:

1. _____
2. _____
3. _____

