**Title**

21 Easy Ways to Add Physical Activity to Your Day

**Time**

Pre-session preparation for learners:  5 minutes

Session:  15 minutes

**Materials Checklist**

21 Easy Ways to Add Physical Activity to Your Day

Pen/Pencil

**Objectives**

To identify ways to add physical activity to daily routines

To identify how to turn household chores into a workout

**Learners will be able to:**

List ways to add physical activity to daily routines

List how to turn household chores into a workout

**Exercises and Activities to Complete Before and During the Session**

Circle physical activity items currently performed

Star physical activity items considering adding

**Pre-session Preparation**

**Read (5 minutes)**

Review 21 Ways to Add Physical Activity to Your Day

**During the session**

**Present/Review (5 minutes)**

Provide Participants with the brochure. Tell them: Every little bit counts – experts say that 30 to 60 minutes of physical activity on most days offers many health benefits. They can break up physical activity into little chunks – just make sure they exercise for at least 10 minutes at a time. Make sure to work out hard enough that they lightly sweat and their heat beats faster, but not so hard that you cannot talk while exercising.

**Discuss (10 minutes)**

Read and discuss the items 1 to 21. Ask participants to circle and say which household chores they perform. Ask participants to star and say which household chores they could incorporate into their routine to add physical activity.

Remind participants: to make physical activity part of their everyday life and that they can do it!