

PHYSICAL ACTIVITY TOOLBOX TALKS



American Heart Association®

Hard Hats with Heart™

Topic: Get Active/Move More Month**Title:** 5 Tips to Help You and Your Family Be More Active

1. Take the stairs, even if only for a floor or two. You may huff and puff at first, but over time, your body will thank you.
2. Set a goal. Having a commitment or goal, like being active for at least 150 minutes each week, will help you stay on track. Share it with others to keep yourself accountable. If you're the competitive type, challenge friends, family or coworkers and see who can consistently meet their goals over time.
3. Go mobile. Catching up on phone calls? Walk your talk – in your neighborhood, on a treadmill or around your workplace. If you use a headset or earbuds make sure you can still hear traffic.
4. Work out at work. Add some healthy activity to your workday. Take walking breaks, do some yoga or stretching during downtime.
5. Park and go. How many times have you circled the parking lot to find the best spot? Spare yourself the stress by parking farther away and walking the rest of the way to your destination.

Topic: Get Active

Title: 5 Easy Ways to Move More!

When you can't seem to make time for a full workout, try these no-sweat ways to simply move more.

1. Grab the leash and walk your dog. Your body — and your pooch — will thank you!
2. Take your kid (or your spouse) for a walk. It's an excellent way to get some face time without screens. Keep it fun by exploring new neighborhoods or turning your walk into a scavenger hunt.
3. Tune into fitness. Retrain your inner couch potato. Walk or jog in place, do yoga or lift weights, or walk on the treadmill at the gym while you watch your must-see TV shows.
4. Ditch the car. Spare yourself the parking stress and log some more active time by parking farther away (or even leaving the car at home) and walking or biking to your destination.
5. Take the stairs. The elevator may go up — but it doesn't make your heart rate climb. Take the stairs when you can, even if just for a floor or two. And don't ride the escalator – climb it. Those can be active steps, too!

When you start looking for them, you'll see lots of opportunities to be more active every day and get a few more steps in during everyday activities. Remember, every step counts!