

HOME ALONE

Walking activities for those “home alone”.

- Take your dog for a walk – it’s good for both of you
- Take your family members for a walk- it’s good for ALL of you.
- Walk and Talk - walk (virtually) with a friend. It’s fun and helps keep you motivated
- Make the walk challenging- carry weights or give yourself a time limit for a certain distance
- Do laps up and down your stairs - this is an excellent aerobic exercise in your own home
- From a seated position, march in place during the commercials while watching TV
- Track your progress – improvement is a great motivator
- And make sure to stretch BEFORE and AFTER your activity