Active Minutes Everyday

Everybody needs it!

Walk the Dog

Climb & Hike

Pick Berries

Clean House

Bicycle

Dance

Take the Stairs

Shovel Snow

Play Active Games

Illustration by
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Take Heart Alaska Adding activity to your life is easy. Everyday activities count. When you're doing housework, walking the dog or playing with the kids vacuum vigorously, walk faster, play active games and have fun. You'll get more out of life with physical activity. Everybody needs it.

State of Alaska Department of Health and Social Services, Division of Public Health, CHEMS, Health Promotion, P.O. Box 110616, Juneau, AK 99811, 1-800-879-7033

■ swim ■ tennis ■ trap ■ vacuum ■ volleyball ■ walk to the store ■ wash and wax windows or floors ■ water aerobics ■ baseball ■

■ bicycle ■ climb stairs ■ dance ■ fish ■ garden ■ hockey ■ hunt ■ jog ■ jump rope ■ kayak ■ play ■ push a stroller ■

■ play games ■ rake leaves ■ run ■ shovel snow ■ ski ■ snow shoe ■ soccer ■