



## **50 WAYS TO LEAVE YOUR SOFA**

***...From Couch Potato to Active Spud***

1. Pull on your boots...walk to work or to the store.
2. Go bowling.
3. Try your swing at an indoor driving range.
4. Start your spring cleaning early.
5. Take the stairs.
6. Walk the dog.
7. Make snow angels.
8. Bundle up and take a hike! Enjoy your local trails.
9. Play indoor mini golf.
10. Shovel your driveway. Warm-up first!
11. Check out a local museum or tourist attraction
12. Try winter camping.
13. Build a snow fort or igloo.
14. Have a ball in the snow: play with your dog, kids and friends!
15. Play Tag, Hopscotch, Hide and Seek with the little ones.
16. Play Hockey, Soccer or touch Football in the snow.
17. Turn on the radio and dance!
18. Strap on your skis....downhill or cross-country.
19. Go swimming at your local pool.
20. Action TV: Do sit-ups or jumping jacks and stairs during commercials.
21. Make a snowman or snow sculptures.
22. Bundle up and go fly a kite.
23. Reach for new heights...try a rock climbing wall.
24. Take a brisk walk for 30 minutes.
25. Check out an indoor walking track or mall walking program.
26. Get your feet wet....take an Aquafit class
27. Try a new winter activity ....snowboarding, curling or snowshoeing.
28. Play Ping Pong (use your kitchen table).
29. Have a picnic in the snow and go winter bird watching.
30. Walk to the library and get a book.
31. Organize a community/neighbourhood clean up.
32. Have Crazy-Carpet races!
33. Organize a Hula-hoop contest with your family.
34. Learn some new moves: study Tai Chi or Taekwondo.
35. Practice Yoga or Pilates.
36. Park your car farther away. Get off the bus one stop
37. Have a family game of "Twister".
38. Organize a scavenger hunt.
39. Play Hacky Sack.
40. Vacuum with vigour!
41. Toss a Frisbee in the snow.
42. Take a moonlight or flashlight walk in the evening.
43. Shovel a neighbour's sidewalk.
44. Organize a game of "snow pitch".
45. Put a new spin on tobogganing: try snow tubing.
46. Learn to juggle.
47. Build an ice rink. Host a backyard skating party.
48. Play indoor volleyball.
49. Do some stretching exercises.
50. Kick up your heels with Hip Hop, Salsa or Line Dancing.

*Modified from original version from Central West Public Health Physical Activity Promotion Network*



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