

# Bringing Activity into Daily Routines

## Activity Goal:

- Get at least 30 minutes of activity most days of the week.
- Activity can be spread throughout the day. It doesn't have to be done all at once.



## Physical Activity can Include:

- Strength and stretching exercises
- Activities of daily living:
  - Dressing, bathing, grooming
- Daily household chores:
  - Dusting, sweeping, mopping, vacuuming, preparing meals, setting and clearing the table, loading and unloading the dishwasher, doing laundry, folding clothes, taking out the garbage
- Outdoor household activities
  - Sweeping, raking, light shoveling, and gardening
- Recreation activities
  - Playing outdoor games, hobbies, and group exercises/activities
- Mobility skills
  - Self-propelling a wheelchair, walking, going up and down stairs



## Tips for Success

- Encourage individuals to be as active as possible. Do things with, not for, individuals.
- Get active and have fun!



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