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3. Easy Ways to Stay Active Without the Gym

Not a fan of the gym? No problem. There are countless ways to stay active that don't involve treadmills or weights. Here's how to keep moving in enjoyable ways:

- 1. Take Walks: A simple 30-minute walk in your neighborhood is great for your heart and mind.**
- 2. Try a Dance Workout: Put on your favorite playlist and dance—it's fun and burns calories!**
- 3. Use Everyday Moments: Take the stairs instead of the elevator, or do squats while brushing your teeth.**
- 4. Join a Sports League: Playing a team sport like soccer or tennis makes exercise social and exciting.**
- 5. Explore the Outdoors: Go hiking, biking, or kayaking to combine exercise with fresh air and nature.**

The key is to find activities you enjoy, so staying active feels less like a chore and more like play.