

DRAW THE LINE

Activity Choices

<i>Inactive time</i>	<i>Active choice</i>
Watching TV	<ul style="list-style-type: none">• Get up for a quick walk and stretch during the ad breaks• Limit your TV time – try an active hobby instead• If you have an exercise bike, why not cycle while watching TV?
Playing video games with the kids	<ul style="list-style-type: none">• Kick a ball in the backyard or the local park• Go for a picnic to the local beach or parkland and enjoy being active outdoors.
Sitting around listening to music	<ul style="list-style-type: none">• Get up for a dance – or grab an mp3 player and make your music mobile• Enjoy a walk while listening to music.
Sitting on a chair while talking on the phone	<ul style="list-style-type: none">• Do housework while talking to your friend on a cordless phone or meet up to go for a walk if you can.
Sitting down all day at work	<ul style="list-style-type: none">• Take regular breaks to stretch your legs and grab a glass of water• Go for a quick walk at lunchtime with a colleague• Catch public transport to your work to help you get more physical activity into your day• Get up off you chair. Walk to workmates instead of emailing.
Driving to the local shops	<ul style="list-style-type: none">• Walk or ride down to the local store• If you must drive, park furthest away in the car park to get more physical activity into your day.