

Simple Ways to Increase Activity



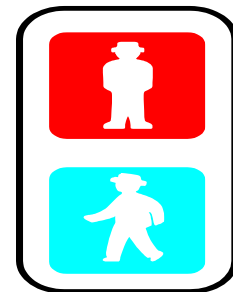
Part of the reason overweight and obesity are such big problems today is because we are not active enough. We do not burn off enough of the calories we eat. Our activity levels are also decreased when we watch television or sit in front of a computer for hours.

In the "Old Days" People:

- *Walked and climbed stairs frequently*
- *Performed manual labor*
- *Burned many more calories than we do today*

In Today's Society People:

- *Use elevators and escalators*
- *Drive or take the bus*
- *Use automatic appliances and remote control!*



Little activities can add up to a lot! People living in societies without the conveniences we have today burned many more calories over time than we do today. Simple changes can increase the number of calories you burn. See suggestions below:

You Can Increase Your Activity Level!

- Take the stairs instead of the elevator
- Walk to do your errands, if possible
- Park far away from the store (on purpose)
- Look for opportunities to be active (instead of watching television)
- Play actively with children
- Meet friends to walk instead of going out to eat
- Get up and change the channel

For more information, Contact Foodlink's Nutritionist (585) 328-3380 x125