



Tip #3

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.