

- 72 Have a go on a Pogo stick!
- 73 Or a Spacehopper!
- 74 Fuss your feet – Take a bowl of warm, soapy water. Soak, moisturise and massage. Pamper your piggies with a pedicure!
- 75 Let your legs do the walking not your fingers! Forget 'phone a friend'....walk to talk!
- 76 Pick a pleasant place to eat lunch – at least 10 minutes walk away
- 77 Pick the car parking space furthest away from your destination
- 78 If you have an open fire – chop wood
- 79 Chase the kids around the house to tidy THEIR ROOMS!
- 80 Save money on a jet washer – scrub your own patio and paths
- 81 Have really good safer sex
- 82 Get together with friends, family and do the Hokey Cokey
- 83 Make pancakes – hand whisk the batter and toss em'!
- 84 Push the wheelbarrow up and down the garden
- 85 Groom your pets – dog, cat, guinea pig, vietnamese pot-bellied pig..!!
- 86 Laugh – it exercises the diaphragm. A good belly laugh is equivalent to 3 minutes on an indoor rowing machine

- 87 Feed your lawn – one watering can and numerous trips to the tap!
- 88 Programme your PC calender to remind yourself to take regular stretching and walking breaks throughout the day - you will be more productive afterwards!
- 89 Find your feather duster and remove the cobwebs from every room in the house
- 90 Dismantle your sofa – plump and beat the cushions, Hoover (pocket all the loose change!) and then reassemble
- 91 Clean the bath
- 92 Exercise your pelvic floor muscles – imagine stopping your self from going to the loo, squeeze and release
- 93 Stand on a step or stair with your heels hanging over the edge. Hold the wall or banister for balance and slowly raise yourself up onto your tiptoes and then back again – do 3 sets of 10 repetitions and you will soon have beautiful shapely calves!
- 94 Grab a couple of tins of baked beans – stand with your feet shoulder width apart, knees bent, tummy muscles tucked in. Take your arms above your head and slowly bend your arms so that the tins go down behind your neck and straighten them above your head – 3 sets of 10 repetitions and those 'bat wings' will soon be shifted!
- 95 Tickle your partner, children, friend!! – Be sure to allow ample time to catch breath!

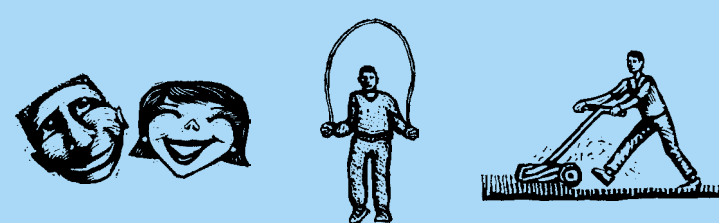
- 96 Practise perfect posture! Relax your neck, roll your shoulders back and down. Soften through your chest, pull your tummy muscles in and tuck your bottom under...you are immediately slimmer and your back will love you for it!
- 97 Clean the oven
- 98 Polish all your shoes and boots
- 99 Re-arrange your room – move all the furniture (clean underneath!!) and make it Feng Shui!
- 100 Read (and inwardly digest!) this entire list whilst performing knee lifts!
- 101 PLEASE ADD YOUR OWN!!



# 101

Things you can do without setting foot in the GYM!!

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- 1 Walk the dog (or someone else's!)
- 2 Walk up and downstairs during the TV ads
- 3 Have a spring clean workout around the home
- 4 Wash the car
- 5 60 mins sweeping – burns 180 calories
- 6 Clean the windows
- 7 Buy a skipping rope and skip on the patio – 50 per day to increase bone density
- 8 Do a garden circuit – jog up and down the garden path, up and down the steps, stand up and sit down on the garden seat etc., etc.,
- 9 60 mins weeding - burns 210 calories
- 10 Play tennis
- 11 Fly a kite
- 12 60 mins mowing – burns 450 calories
- 13 Pop bubble wrap! – gets rid of nervous muscle tension!
- 14 Tread water in the pool – legs straight, toes pointed and scissor legs
- 15 Buy a pedometer and aim for 10,000 steps daily
- 16 Scrub the floor for 30 mins – burns 200 calories
- 17 40 mins painting water colours
- 18 Put on your favourite CD and dance
- 19 Vacuum the house – 135 calories/hour
- 20 Build a snowman – weather permitting!
- 21 W A L K uphill 150 cals in 30 mins
- 22 W A L K briskly 180 cals in 30 mins
- 23 Get on the ball! – Buy a swiss ball and increase your core stability
- 24 Make a cake – fat free and hand mixed!
- 25 Tighten and relax your gluteals (the big muscles in your bottom) – on the phone, in the bus queue, at your desk...wherever!
- 26 Learn to relax
- 27 Get on your bike
- 28 Go for a walk in your lunch-hour or coffee break
- 29 Throw away the remote control!
- 30 Push a buggy (1.5 miles in 30 mins)
- 31 Borrow a toddler!
- 32 Raking leaves for 30 mins
- 33 Wheeling self in wheelchair for 30-40 minutes
- 34 Write a letter and walk to the post-box
- 35 Clean out a room and walk to the charity shop or recycling centre
- 36 Make a sandcastle (if you are near a beach!)
- 37 Do water aerobics for 30 mins
- 38 DANCE Flamenco, Ballroom, Line tap or Salsa
- 39 Go roller blading
- 40 Plan to do a marathon (walking if necessary) over a 12-month period
- 41 Get together with a friend to walk (perhaps to raise money for local charity)
- 42 Have a garage sale
- 43 Visit the park and have a swing!
- 44 Swim 20 lengths
- 45 Wheelchair basketball for 20 minutes
- 46 Go fruit picking
- 47 Sit on an exercise bike, and watch your favourite soap...don't forget to pedal!
- 48 Walk to buy a lottery ticket
- 49 Stand up and do wall squats whilst on the phone – knees bent, hip distance apart and back against wall, go up and down the wall – great for thighs!
- 50 Play an active game with the kids or a partner
- 51 When on the beach, don't just sunbathe, get active and play beach volleyball... just don't forget the sunscreen!
- 53 Tidy the kids' rooms!
- 54 Start your Christmas shopping. EXTRA EARLY! or very late!
- 55 Put on something warm and cosy, do some simple warm up exercises and then S T R E T C H!
- 56 Have a decorating party – Invite friends, relatives for drinks and low-fat nibbles and tell them to bring a Paintbrush!
- 57 Try your hand (or legs even!) at dry slope skiing
- 58 Go ten-pin bowling
- 59 Park further away from your destination
- 60 Have some retail therapy – Shop till you drop and walk for miles!! – Just ensure your bags are not too heavy and the weight is evenly distributed
- 61 Re-visit your childhood – go into the garden with the kids and play 'tag' or 'hide & seek'
- 62 Organise a charity event – fun run, dance or sponsored swim
- 63 Instead of watching sport on TV, try it out for yourself!
- 64 Buy a fitness video, follow the guidelines carefully and workout in the comfort of your own home – move the furniture (and the cat!) first!
- 65 Try a Yoga, Pilates or T'ai Chi class and allow mind and body to unify
- 66 Play Frisbee
- 67 Go for a moonlight walk with someone you love, or you could learn to!
- 68 Be a 'goalie' for the kids football practice
- 69 Buy a Trampett or Rebounder and bounce yourself fit – it's low impact too!
- 70 Do the ironing
- 71 Take items from the highest shelves and sort them or wash them – hit the airing cupboard, kitchen shelves, the attic.... whatever!

