

Fitting in Fitness Around the House

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When was the last time you played a lawn game like volleyball, badminton, croquet, or bocce ball? These games used to be the staple of after-dinner activities for millions of Americans before video games and cable TV came along. You may be thinking, lawn games don't really count as exercise. But that's the wrong way to look at it. Considering most Americans spend four or more hours a day watching TV, any activity that gets people off the couch and moving counts toward physical activity.

The current guidelines for physical activity recommend 30-60 minutes a day of moderate activity most days of the week. Keep it interesting by trying different activities on alternating days. Make sure to do at least 10 minutes of an activity at a time to gain some health benefits. Here are some other ideas to fit in exercise around your house this summer:

- Wash the car(s) – don't forget to wipe out the inside and vacuum the floor mats
- Mow the lawn with a rotary or push mower (self-propelled and riding mowers don't count)
- Walk, roller blade or take a bike ride around the neighborhood
- Walk your dog
- Swim at a local park or high school pool
- Plant and care for a vegetable or flower garden
- Gather up your family and friends for a game of kickball, softball or soccer
- Set up an obstacle course in your backyard and see which family member can complete it the fastest
- Spring clean your house including steam cleaning carpets, washing windows and scrubbing floors

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