

How staying active helps well-being

Staying active will help you get more out of life at any age. You don't have to run a marathon to boost your well-being.

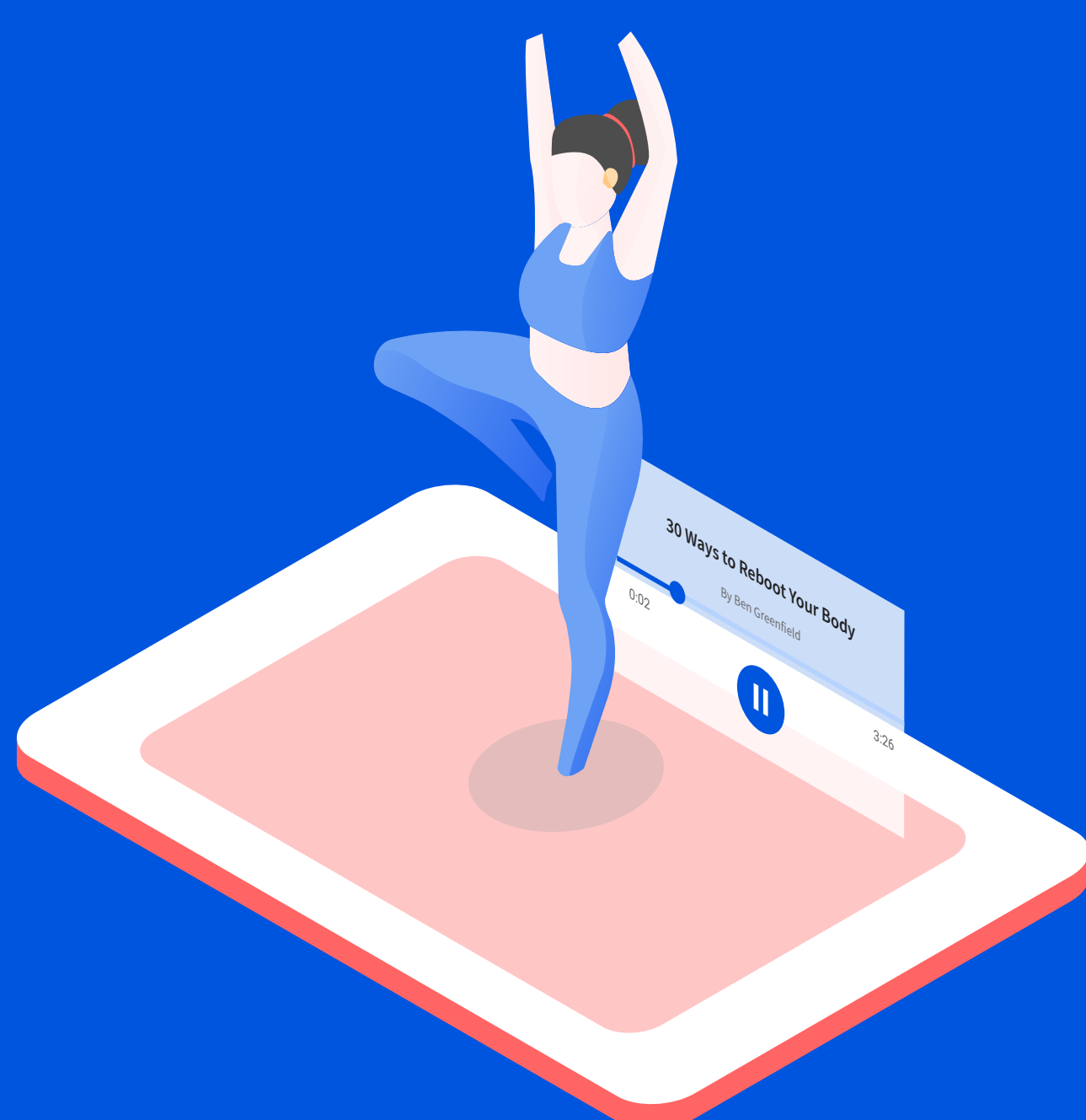
Seek out the types of physical and mental activities that you find most rewarding. Whether you prefer yoga or hiking, going to a baseball game with friends, or visiting a park with grandchildren.



Consider giving these 7 tips a try to work fitness into your life:

1. Set your alarm 30 minutes earlier

Use this time to exercise before the day gets busy.



2. Use your own body weight

Whether you are at home or away, do jumping jacks, squats or push-ups. Find an exercise video to follow on your laptop or smartphone.



3. Travel and commute in your athletic shoes

If you're travelling for business, take laps in the airport. If you commute to work, get off the subway or train a couple of blocks short of your destination and walk the rest of the way. Or if you drive, park your car farther away from the door in the parking lot at work or the store.



4. Get out of the car to stretch and walk

Research roadside parks or scenic lookouts along your route if you're going to be driving for a long time.



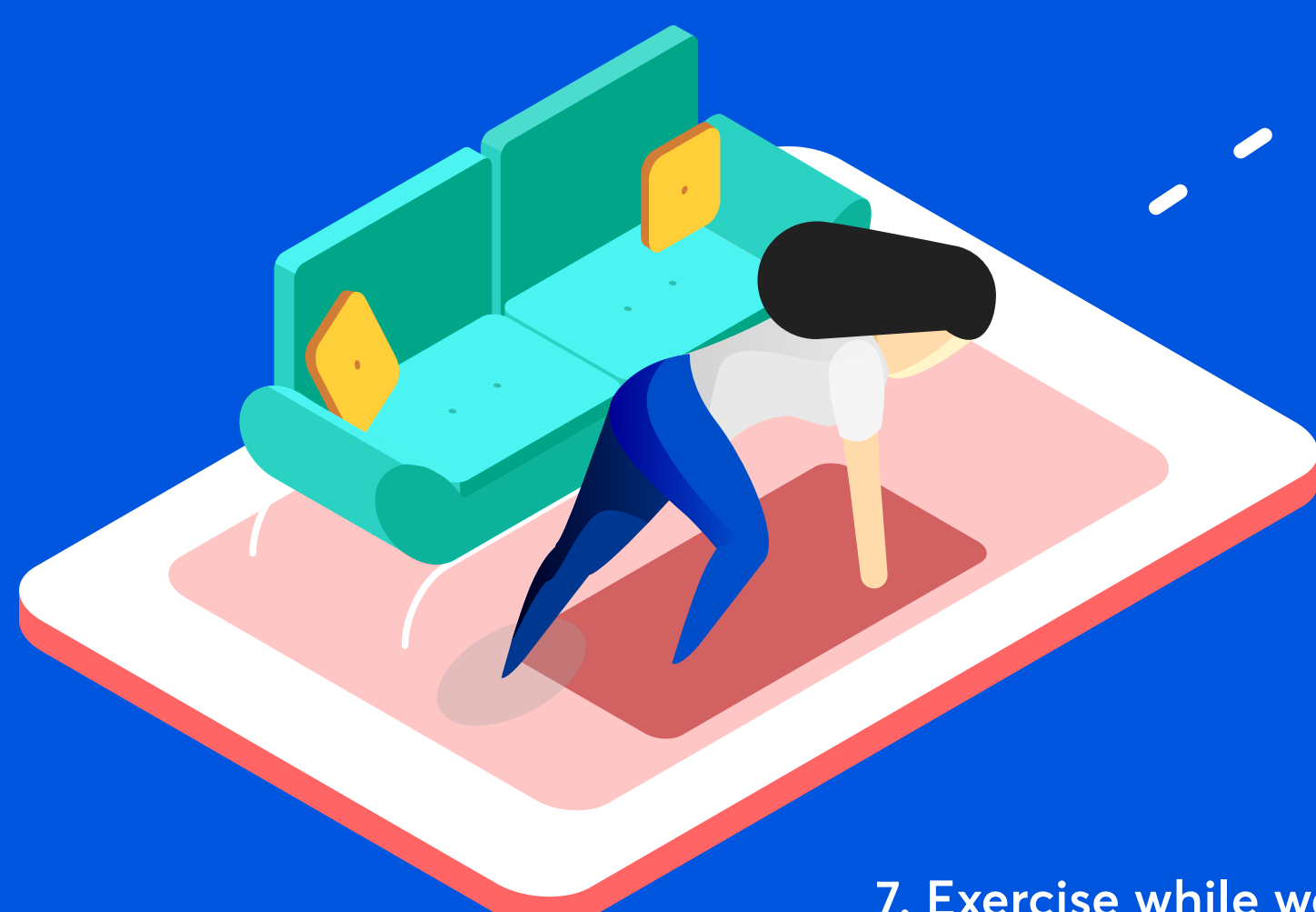
5. Use the stairs instead of the elevator

When at the airport, subway station, office or mall.



6. Take a walking break

If you're at work, use part of your lunch break to get up from your desk. You can also have a walking meeting with colleagues. At home, try taking a walk around the block or to the end of the road and back. Your spouse, children or neighbour may enjoy going along, too.



7. Exercise while watching TV

Use dumbbells, do crunches or jump rope while you're catching up on your favorite shows.