



BlueCross BlueShield of New Mexico



BlueResourceSM – Healthy Lifestyle – Staying Active

Easy Ways to Move More

Heading to the gym isn't the only way to stay active. Everyday things can strengthen muscles, burn calories and help you feel good! Try these:

- Stand up while you talk on the phone
- Walk and talk with friends instead of calling
- Skip the elevator and take the stairs
- Clean the house, mow the lawn, wash the car
- Dance to your favorite music
- Get your hands dirty in the garden
- Pedal your bike more
- Stretch while watching your favorite shows



Sit less and move more each day.

Sources: *Make Physical Activity a Regular Part of the Day.* Choose My Plate, U.S. Department of Agriculture. 2020.
No Time for Exercise? Here are Seven Ways to Move More. American Heart Association. 2017.

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