

Lifestyle Activity

Lifestyle physical activity refers to physical activity performed as part of daily living. Our parents, and especially our grandparents, had to be active throughout the day. Today, we have so many conveniences that our lives are almost guaranteed to be inactive unless we consciously make active choices. **Below are some examples of lifestyle activities.**



Taking the stairs instead of the escalator in buildings and at the mall.



Playing outside games after school instead of video games.



Biking to a friend's house instead of driving.



Helping with chores around the house.



Helping with chores around the classroom.



Giving a pet some exercise or a bath.



Getting up and changing the TV channels instead of using the remote.



Helping to wash the family car.



Walking the long way instead of taking the shortcut.



Mowing the lawn.

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