

- When you go to the mailbox, walk to the end of the street and back
- Go Bowling
- Learn to dance
- Rake leaves
- Play hopscotch
- Take a hike at Palmetto Island Park
- Park the car at Town Center and walk to all your shops
- Play hide and seek
- Do jumping jacks during TV commercials
- Sort laundry in different rooms so you walk back and forth through the house (jeans in kitchen, whites in den, etc.)
- Ride your bike
- Any gym will let you visit once for free, try an elliptical, treadmill or exercise bike for 30 minutes

- Walk around the house when you are on the phone and clean your switch plates and doors
- Bring in the groceries one bag at a time
- Instead of sitting while waiting for your plane (train or bus) walk laps around the facility
- Get a trainer!
- Waiting for a prescription? Walk around the pharmacy
- Go swimming - there are at least two indoor pools in Mt. Pleasant
- Get a work out/walking buddy - it makes you more accountable
- Yard work
- At work, use a restroom or water fountain that is far away