

FIT IT IN



02

be active



set a goal

be active

get a routine

increase time

02

Take every opportunity to be active.

Think creatively about how you can add “steps” to your day. When possible, park farther from your office, take the stairs rather than the elevator, and walk to go shopping or to do other errands. **FIT IT IN!**



U.S. Department of
Health and Human Services
Centers for Disease
Control and Prevention

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