



**AARP**  **BLUE ZONES™**

# Vitality Project

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# Active Home Checklist

Did you know that by simply rearranging your furniture and adjusting a few things in your home you can actually burn more calories? By doing so, you'll feel healthier and may even lose some weight. Even if you lose just a half-pound each month, that adds up to six pounds per year.

**Answer the following questions, and find out what the experts recommend.**

## 1. Do you have a scale at home?

Yes  No

Studies suggest that adults who weigh themselves daily are more successful at maintaining a healthy weight. Weight naturally goes up and down, but daily monitoring helps catch steady weight gain before it gets out of control.

## 2. Do you use a remote to operate every television in your home?

Yes  No

Get up to change channels. It's a simple way to burn extra calories and get your blood going.

## 3. Do you have televisions in your children's bedroom?

Yes  No

Healthy habits start young. Children under the age of five with a television in their bedrooms watch an additional five hours of television per week. They also have a higher BMI on average and increase their risk of being overweight or obese by 30 percent.

## 4. Do you have a family room without a TV?

Yes  No

Research shows that the number of televisions in the home is directly related to the hours of a family's "screen" time (time spent in front of a TV or computer). Too much screen time is related to obesity and lack of physical fitness.

**5. Do you use a push lawn mower?**

Yes  No

Use a push mower instead of a riding mower to burn more calories.

**6. Do you maintain a flower or vegetable garden?**

Yes  No

Whether you have a potted garden, a backyard garden, or a community garden, grow fresh vegetables, herbs, or flowers for a healthy and nourishing experience.

**7. Do you have a dog?**

Yes  No

Walk your dog a couple times a day to burn extra calories.

**8. If you have children, do you have play equipment in the yard for them?**

Yes  No

Encourage kids to play outside by adding a swing-set or tying a rope to a tree.

**9. Which exercise equipment do you have in your home?**

Weights  Cardio machine  Yoga mats  
 Running/walking shoes  Other  None

Add exercise equipment to your home, and try to set up visual cues to be active. Keep your walking and running shoes by the front door and you might get in an extra walk before dinner.

**10. Do you have a bicycle?**

Yes  No

A nationwide personal transportation survey revealed that 28 percent of trips are less than a mile. Rather than driving to run errands, try walking or biking.

**11. Which sports equipment do you have?**

Basketball hoop  Skis  Rollerblades  Golf equipment  
 Tennis racquet  Bowling balls  Soccer ball  Dance shoes  
 Baseball, softball, football  Other  None

Devote some time to playing sports every day. You'll burn calories while having fun.

**12. Which electrical appliances do you have?**

Mixer  Can opener  Juicer  None

Reduce your use of household conveniences. Try using a wooden spoon instead of an electric mixer and a hand can opener instead of an electric one.