

HO #2-1

Turning Downtime Into Uptime

| Sedentary activity | Minutes per day |
|--------------------|-----------------|
| 1. _____ | _____ |
| 2. _____ | _____ |
| 3. _____ | _____ |
| 4. _____ | _____ |
| 5. _____ | _____ |
| 6. _____ | _____ |

Ideas for replacing sedentary activities with more active ones:

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____

From Human Kinetics, *Active living every day facilitator training*, 3rd ed. (Champaign, IL: Human Kinetics, 2021). Reprinted from S.N. Blair, A.L. Dunn, B.H. Marcus, R.A. Carpenter, and P. Jaret, *Active living every day*, 3rd ed. (Champaign, IL: Human Kinetics, 2021).