



*One minute of exercise
Two minutes of extra life gain*

*Do Exercise - So Easy and Fun!
Be Healthy - Have a Fulfilling Life!*

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No time for exercise? No more an excuse!
Walk more, Sit less, and Wiggle a bit.
Exercise is fun any time, anywhere.
Here are 30 tricks for improving your health!



Trick #1

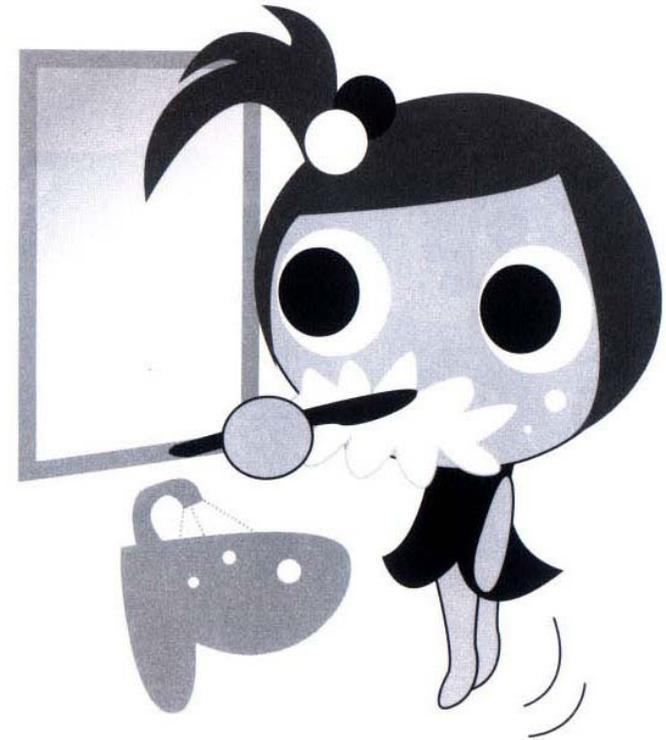
Get out of your warm bed, stretch your body and take a deep breath.
Everyday is a sunny day!



1

Trick #2

Move your legs while washing your face and brushing your teeth. It helps your blood circulation, puts you in a good mood to start your day.



2

Trick #3

Get off the bus/MRT one stop earlier in the morning and take a walk!
Exercise can be so easy.



Trick #4

Tighten your belly and straighten your back on the bus/MRT.
Keep your spirits up and positive mood.



Trick #5

**Wait for the bus standing
instead of sitting.
Swing your arms and twist your waist!**



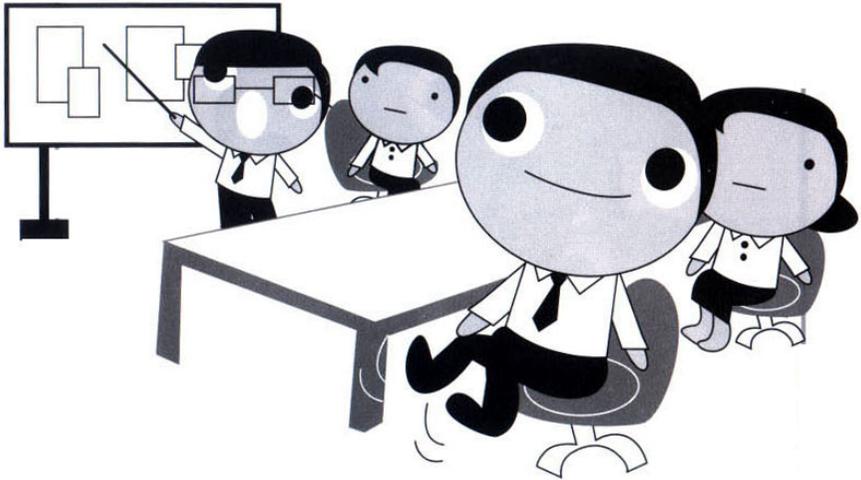
Trick #6

**Instead of the elevator, take the stairs
when you arrive at work for another
effective way to exercise!**



Trick #7

Move your legs during a meeting is just like jogging your mind!



7

Trick #8

When you are on the telephone, move your shoulders in a circular motion, twist your waist from side to side, and swap the telephone from left to right.



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Trick #9

Take a walk before lunch. Walking before a meal gives you better digestion after the meal!



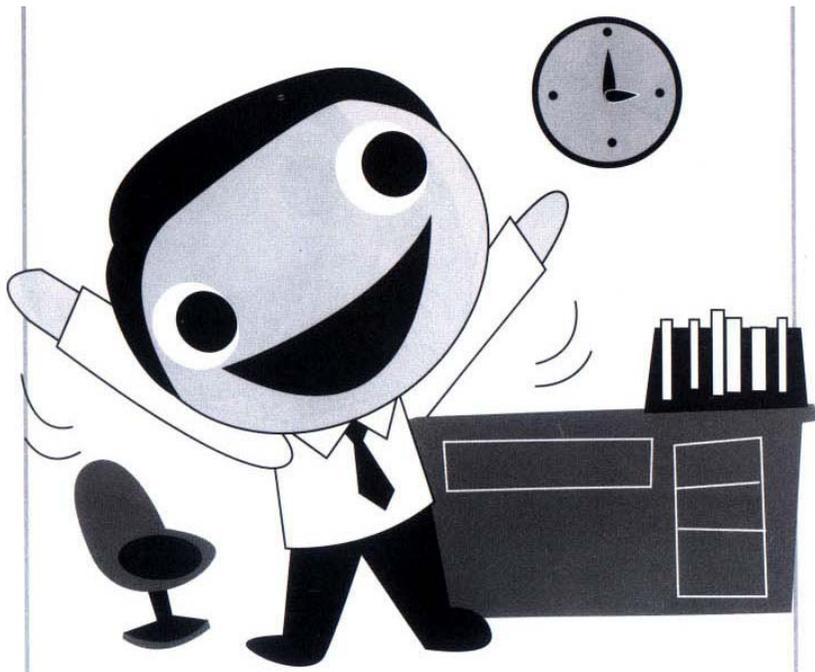
Trick #10

Sway your head when you are typing and surfing online; move your shoulders in a circular motion and massage your neck. Take a break every 30 minutes!



Trick #11

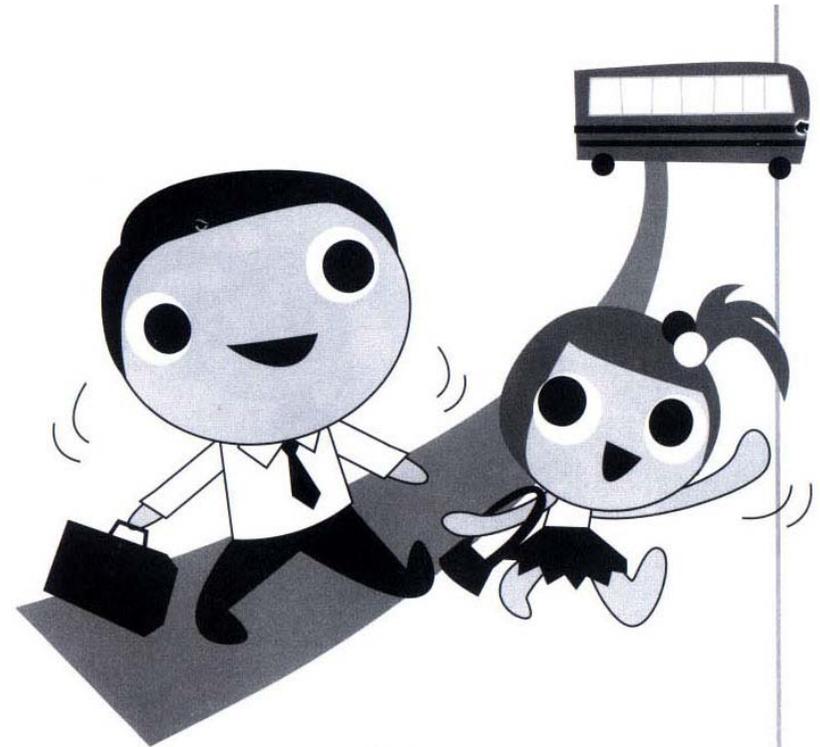
Take a break every hour to do some exercise during work. Twist your waist, take deep breaths and lift your legs!



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Trick #12

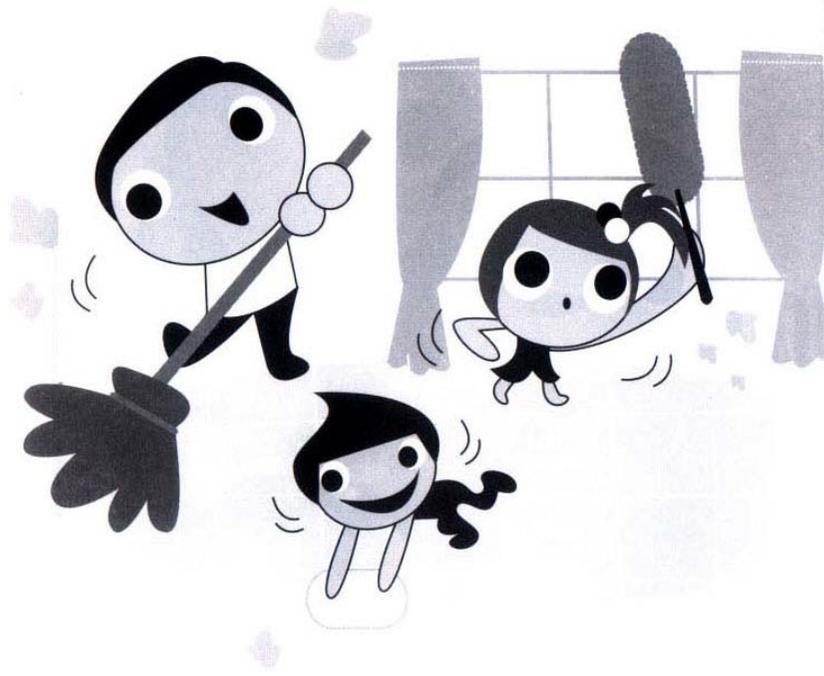
After school/work, get off the bus/MRT earlier and take a brisk walk home.



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Trick #13

Mobilize your family to help mop the floor and clean the windows. It gives you all the chance to exercise and create a better living environment, a practical way of keeping lean and clean.



Trick #14

While watching television, do not forget to take a break and do some exercise.



Trick #15

After a meal, take a walk with your pet around your neighborhood.



Trick #16

While shopping, take the stairs instead of the escalator; take the escalator instead of the elevator!



Trick #17

While waiting for your date, stretch and move your fingers and ankles to improve your health.



17

Trick #18

Ride a bicycle instead of using a motorcycle or a car. This is both pollution-free and healthy!



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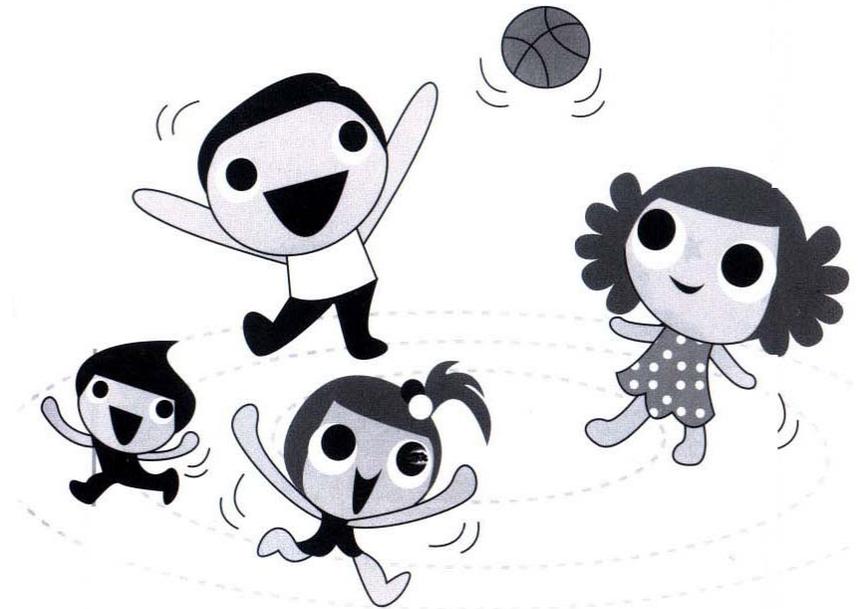
Trick #19

During the holidays, go outdoors with your family for some exercise and enjoy the fresh air!



Trick #20

When free from work, play with your children; exercise and have fun together!



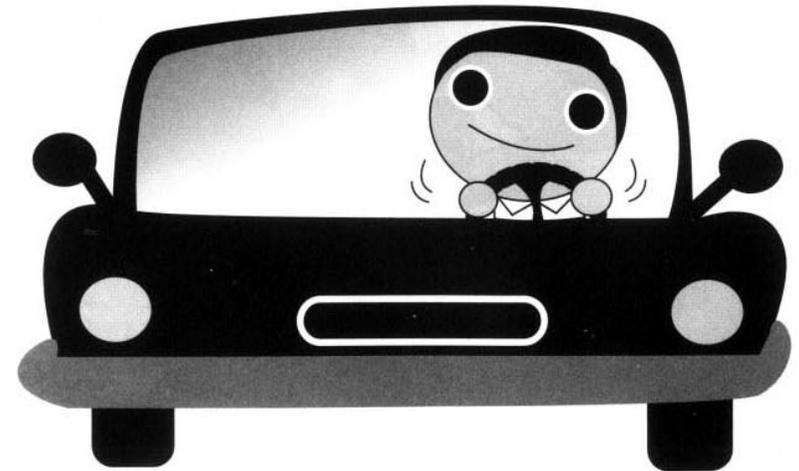
Trick #21

**In the evening, take your elders for a
30-minute walk!**



Trick #22

**During long distance driving, take a
break every hour; move your shoulders in
a circular motion and stretch your body!**



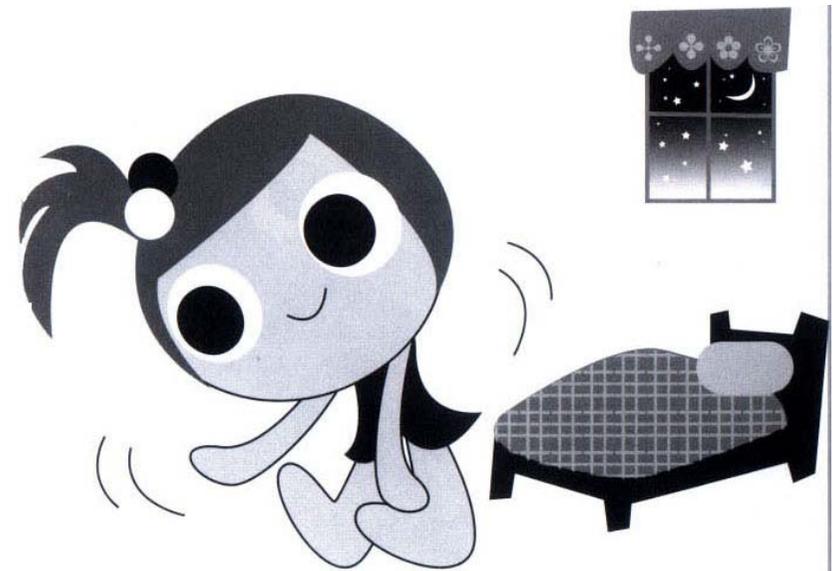
Trick #23

If you have a baby at home, carry your baby and move around every day.



Trick #24

Stretch your body before going to bed will help you have a good night rest.



Trick #25

If stretching your body is not enough, do
20 sit-ups to keep your belly flat!



25

Trick #26

When lying in bed, lift your legs and
bend your knees to tone your legs.



26

Trick #27

During the holidays, lead your family to dance with the music. It's fun, healthy, and a great way to exercise.



Trick #28

When your children are learning to ride a bicycle, follow and run behind them.



Trick #29

While standing, tighten your belly and buttocks for 5 seconds each time. This will help slim and tone your lower body.



Trick #30

When walking, walk fast and swing your arms freely. You can easily build up your health unknowingly.



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Exercise is so easy!
Be healthy and have fun!



Isn't exercising like this so easy?

If you can accumulate 30 minutes of exercise everyday,
you can have a healthy life.

Let's get up and exercise!



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Visit the website of the Bureau of Health Promotion at
<http://www.bhp.doh.gov.tw>