

NASH CRN
Achieving a healthy weight can improve fatty liver disease

TIP # 3: INCREASE YOUR PHYSICAL ACTIVITY TO 1 HOUR OR MORE PER DAY

Getting more active can boost your energy, cardiovascular fitness, help you achieve a healthy weight and reduce the fat around your middle and in your liver.

Start with small steps to get more active every day: Choose a different tip each week to gradually increase your daily activity.

Here are some ideas on how you can get more active:

1. Walk to nearby destinations or friends' houses instead of driving whenever possible.
2. Walk to school if you can.
3. Take the stairs instead of the elevator or escalator at school, work or when out.
4. Take a daily family walk together after dinner or make a weekend walk a family habit.
5. Get off the bus one stop early and walk to your destination.
6. Park further away from the store or mall to get in a little extra walking while shopping.
7. Take your dog on longer walks.
8. Play outside for at least 30 minutes 2 times per day to achieve your goal of 1 hour.
9. Dance to music or a music DVD at home instead of watching a TV or cable show.
10. Help around the house: wash the car, work in the yard, clean your room, and help with laundry.

For more information visit:

<http://www.nhlbi.nih.gov/health/public/heart/obesity/wecan/get-active/getting-active.htm>