

# Big Brothers Big Sisters of Yorkton & Area

**Fitness Friday**

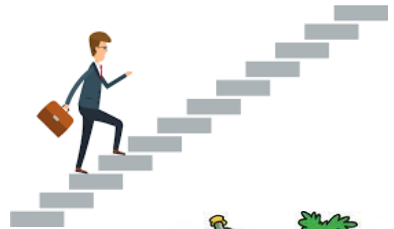
June 18, 2021



*Congratulations to all 2021 Graduates!*

## How to easily add more exercise into your day:

**Taking the stairs** instead of the elevator is a great way to boost your general fitness level.



**Parking further away** from the store or office is an easy way to increase your step count for the day.

**Bring in fewer grocery bags.** Why do we try to break our arms carrying so many bags? Let's not be lazy and instead make more trips to increase our activity.



**Take breaks from sitting**—a quick walk around the office will do wonders for your legs and back.

**Get off the couch when watching TV**—you can do sit-ups, push-ups, squats, lift some weights, etc, all while watching TV.



**Walk and Talk** - take your meeting or friend visit outside. What better way to stay 6 feet apart and get some exercise.

**Walk or bike to work or school** - saves gas money as well!



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