

# Get Physical When You're Short on Time

Take the stairs

Walk your dog

Parking a little farther, enjoy the walk

Bike or jog to your destination

Take the long route

Get off the bus a stop early and walk the remainder of the distance

Engage your muscles while [brushing your teeth](#)

Engage your muscles while taking notes, photocopying and [more](#)

Do quick circuit training

Workout while watching lecture casts

Ride a stationary bike while studying



UNIVERSITY OF  
**TORONTO**  
SCARBOROUGH

Part of the  
Physical Literacy Campaign.

**GET PHYSICAL**  
*find your  
balance* **BE LITERATE**