

HO #2-1

## Turning Downtime Into Uptime

**Sedentary activity**

**Minutes a day**

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

4. \_\_\_\_\_

5. \_\_\_\_\_

**Light activity**

**Minutes a day**

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

4. \_\_\_\_\_

5. \_\_\_\_\_

From S.N. Blair, A.L. Dun, B.H. Marcus, R.A. Carpenter, and P. Jaret, 2011, *Active Living Every Day, 2<sup>nd</sup> Edition* (Champaign, IL: Human Kinetics).