

30 Days of Physical Activity Tips

Looking for new ideas to move 30 minutes each day? Try some of these!

1. Kick off your challenge by walking with the Mayor at 6:30 p.m. July 10th, starting at Rainbow Park. Keep up the conversation with the Mayor on July 17th at 6:30 p.m. starting at Liberty Heights Park and July 30th, 6:30 p.m. starting at the West Allis Senior Center.
2. Try yoga for free at 30 Days of Yoga at the Franklin Field House July 15-August 13 sponsored by the WAWM Recreation Department.
3. Plan an outdoor, active family activity for one day on the week-end.
4. Get off the bus a few stops early and walk the remaining blocks to your destination.
5. Turn on music and dance in your living room.
6. Try the outdoor fitness equipment at Lincoln and McKinley School and at McCarty Park.
7. Visit the West Allis skateboard park. Make sure to bring your helmet and safety gear.
8. Move at the West Allis/West Milwaukee Recreation Department by trying a class for all ages and skill levels.
9. Organize and play a game of flash light tag or kick the can with your neighbors.
10. Jump rope with your kids.
11. Ride, scooter, inline skate or walk the Hank Aaron or Oak Leaf trails.
12. Take a walk in Greenfield Park and check-out the lagoon.
13. Visit the West Allis Farmer's Market, walk every row and try a new vegetable.
14. Take a swim at a local pool.
15. Fly a kite together at a local park.
16. Instead of using the car for your next local errand, walk or bike instead.
17. Take the kids and play at your local school playground or park.
18. Play a game of Pickle Ball at Liberty Heights Park.
19. Take the stairs instead of the elevator or escalator.
20. Break up your work day and take a walk.
21. Visit the West Allis Community Garden at Rainbow Park.
22. Plant and weed your garden.
23. Dance at Music in the Park.
24. Bike or walk to the library.
25. Wash your car.
26. Run through the sprinkler or have a water fight on a hot day.
27. Play a game of catch.
28. Call your neighbor and take a walk after dinner.
29. Keep a "fitness kit" in your car (fitness gear, sneakers, ball, etc) so that if you find yourself away from home with a few free minutes, you can be active.
30. Organize a family or neighborhood baseball, soccer or basketball game.