

Step Down to Change Examples from University of Missouri SSHW Inservice

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Furniture

House of Denmark/Pottery Barn/Carol House
Ashley Furniture/Rothman/High-end department stores
High-end resale Shops
Walmart
Low-end resale shops, garage sales, family attics, closeouts

Physical Activity I

Watching TV with kids
Play an indoor game with kids
Take a walk with kids
Play an outdoor game with kids
Run with kids

Physical Activity II

Personal trainer
Golds Gym
YMCA
Park and Recreation program
Walk in neighborhood

Books

Barnes and Noble
Wal-Mart/Target
Amazon
Thrift shops
Public library

Seafood Dinner

Bonefish Grill
Red Lobster
Pre-cut fish at grocery store
Frozen fish
Go fishing

Quilting Fabric

\$15/yard fabric boutique
\$10/yard quilt store
\$7/yard Thousands of Bolts web site
Garage sale and thrift shop fabric
Shirting and denim jean fabric