

SNEAKY WAYS TO EXERCISE

Exercising is good for your body. But did you know it can also boost your mood, improve your sleep, and help you deal with stress, depression, and anxiety? While experts recommend adults get at least 20 minutes each day of moderate-intensity activity, here are some ways you can sneak in more exercise minutes each day!

LAUNDRY ROOM

- Walk your laundry piece by piece to put it away
- Lunge while you are walking your laundry away

WORKOUT WHILE WATCHING TV

- Put a stair climber or treadmill in the room
- Workout during commercials
- Practice planks, sit-ups, and kettle bell swings
- Balance on a resistance ball and do weights with your arms

STAIRS

- Walk up and down the stairs a couple of times or take them 2 at a time
- Push up or calf raises off the stairs
- Tricep dips on the stairs

SHOPPING

- Park further away from store and walk or jog to the entrance
- Once you get there – walk around the store perimeter inside before you start

WALKING

- Walk with your pet or family or visit your local humane society to walk a dog for them.
- While your pet is using the "bathroom" do jumping jacks or squats.
- Instead of talking on the phone while sitting - meet up and go for a walk or walk and talk with friends.
- Instead of reading a book download and listen while you walk.

MICROBURST EXERCISE BREAKS

- Even 1 min exercise burst have been proven to be effective and beneficial to your health.
- Take small breaks (10 min) every hour or when you can to add physical activity - jump rope or burpees or quick walk.

TURN HOUSECLEANING INTO A WORKOUT

- Dance while you are cleaning to music
- Swing a towel in the air while you are dusting
- Brush your teeth and workout:
- Balance on one foot while brushing your teeth
- Squats and/or calf raises while brushing

DO YOUR OWN OUTDOOR CHORES

- Mow your own lawn
- Shovel your own snow
- Wash your own car
- Do your own gardening
- Go for a walk after you put your trash in the receptacle (you are already out there)

WALK OR BIKE TO THE STORE

WALK OR USE PULL CART WHILE GOLFING

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