

## EVERY DAY WAYS TO MOVE

It's a common misconception that physical activity requires going to the gym, or buying expensive exercise equipment for your home. But the fact is there are many enjoyable everyday activities from gardening to walking your dog that can help you reach your fitness goals.

You may be surprised that the recommendation is higher for keeping weight off than it is for losing weight. There are two reasons:

- 1- People are willing to reduce food intake to a greater extent during active weight loss .
- 2- Once people "get into" activity and feel the benefits, they choose to do more.

When it comes to improving your activity level,  
start small and adopt a new mantra: *"Anything is better than nothing."*

### At Home

#### Get off the couch

You've had a long day at work, dinner has been cooked and cleaned up, and you've been looking forward to watching your favorite TV show all day. Use this opportunity to do a commercial-break workout. Try completing one set of 20 lunges, squats, crunches, arm circles or as many push-ups as you can per break, or simply march in place. Repeat this for each commercial break during your show.

#### Brush and squeeze.

Use the time that you're brushing your teeth to tighten those abs and squeeze your butt muscles. Or march in place. Do this trick in the morning and at night.

#### Laundry day.

While you can probably lug your overstuffed laundry basket to the washer in one trip, you'll burn extra calories by making multiple trips.

#### Squat at every opportunity.

Instead of thinking, "I don't feel like picking that up now," view a cluttered floor as a chance to get some leg and butt work in. Bend your knees when putting away clothes, shoes and everything else that isn't where it should be.

#### Do it yourself.

Around the house, try mowing your own yard, or take an afternoon to tend the garden or add a new coat of paint to a room or two.

#### Clean it up

Mop, Vacuum, dust while dancing to some lively music.  
Make chores fun!



## In the world

### The Desk Workout

To strengthen calf and ab muscles—and to help with your posture—sit up straight and squeeze in your stomach as you lift up on your toes to tighten your calves.

#### Stand up.

Whenever you pick up your phone, stand up at your desk and march in place.

#### Go the distance.

Start using a restroom farther away from your desk. Refill your water at a fountain that's on the other side of the office.



#### Move before you eat.

Put your snacks in the kitchen so that you have to move for food, and do a lap or two around the office before sitting down with it.

### Shopping

Instead of fighting other drivers for that single open spot near the door, Park a little farther out in the lot.

### The Mall

Headed to the mall? Stroll the length of it once before you start buying and scout the sales while you're at it.

#### Take the stairs

Skip the elevators and escalators, take the stairs.

#### Doctors office

Pace the room while waiting at the doctor's office.

#### Take a hike

Just get outside and go for a walk. Around the block, at a park, anywhere is good.



