

Sneak Movement into Your Day

We know time is tight and it can be hard to fit in exercise. **Check out some quick and easy ways to sneak more movement into your day in ways that will work for you.** Adults should get 150 minutes of exercise each week which is a little more than 20 minutes each day.

- 1. Use Your Phone to Add Activity at Work.** Set an alarm on your phone to remind you to get moving.
- 2. Make Counting Your Steps Easy.** Track your steps with your phone, a pedometer, or a fitness tracker.
- 3. Take the Stairs Up or Down.** You can vary things by taking the elevator to your destination and walking down on your way out.
- 4. Make Chores More Fun by Dancing.** Turn on some music as you vacuum, iron, and tidy up around the apartment or house.
- 5. Have a Ball While Sitting.** Try sitting on a stability ball while watching television, eating dinner, or reading.
- 6. Fidget With Your Feet.** Toe tapping and raising your heels while seated work the muscles in the lower legs.
- 7. Move While Standing in Line.** Whether it's at the grocery store, the post office, or the movies, waiting in line can be turned into a chance to move.
- 8. Carry Your Groceries Home.** If possible, carry groceries in your arms rather than in a cart.



Adding easy activities
can make a significant
difference to your health.

Source: www.everydayhealth.com