



Exercise as a Part of Your Day

Here are some suggestions to make regular movement a part of your day. See where you can start and add additional movement whenever you can. When it comes to exercise remember, every small step really does count!

- Put on some music and for the length of 3 songs do some strength training exercise. If you go past three songs great! But at least try to commit to 3 songs.
- When you are cooking dinner, put on some music and dance!
- Make it habit that before you get a shower you do some sort of strength training exercise (Ex. push-ups, sit ups, squats, calf raises).
- Get off the bus a couple stops early. Make this your new stop.
- Park further away at the work or store parking lot. Make this your normal parking spot.
- Try to take the stairs as much as possible. If you need to go up 14 flights, take the elevator for half and walk the rest.
- Walk to do as many errands as possible. Walk to the bank on your lunch break or to the store to pick up groceries.
- Sign up for a dance, yoga or pilates class.
- Find a walking buddy to take a 15 minute walk with you on your lunch break.
- Make music a part of your workout!
- When enjoying a television show, commit to do strength training exercises during the commercial breaks (leave the dumbbells by the television for a reminder).
- When on a business call, if you can, stand up and do calf raises.
- If you have a desk job, set a specific time of day when you take 5 minutes (more if you are able) to do some stretching or take a brisk walk or do a burst of some sort of strength training activity. Set it as an appointment with yourself.
- Take a lesson in a physical activity that you always wanted to try.

Check out this great resource that shows you the amount of calories burned from a variety of daily tasks and physical activities.

<http://www.primusweb.com/fitnesspartner>