

ACTIVE for LIFE

Ten Tips to keep your Body Moving



Tip 1: Exercise in a Trunk

Toss a pair of running shoes, shorts and your favorite t-shirt in a gym bag. Put that bag in the trunk of your car. This way if you ever get a 10-20 minute window of time to kill, you can hit the trail for a quick walk. *TIP:* Worried about the funky odor of your clothes? Put a couple of dryer sheets in the gym bag to neutralize the trunk funk.

Tip 2: Squat while you Brush

When brushing your teeth or hair, take advantage of that 2 minutes and perform squats. Squats are the single greatest exercise to keep you independent! If your balance isn't the greatest, place your free hand on the bathroom sink to help you. Bonus those muscles you are working in your thighs are the largest in the body. If we make them happy by squatting, those muscles will rev-up our metabolism!

Tip 3: Invest in a Standing Workstation

Instead of sitting at a desk slaving away on that computer, get a standing workstation. While typing on that computer be aware of posture. Keep your abs tight, shoulders back, and chin tucked. This will help you reverse the effects of poor workplace ergonomics which can cause bad posture. Poor posture often results in muscle imbalances which often lead to pain. *TIP:* Standing Workstations can get expensive, purchase a ladder book case instead. You can modify it by repositioning the shelves to hold your monitor and keyboard at the perfect height for your body type.

Tip 4: Employ the "5 Flight Rule"

Next time you have to travel up less than 5 flights in a building, take the stairs. Any opportunity you have to hit the stairs during the day is a great way to get the heart rate up, burning calories to help shed the extra insulation.

Tip 5: Use a Headset

Have you ever scene people walking around talking to themselves, only to find out they are on the phone? Well, take a tip from them and buy yourself one of those bluetooth headsets for your cell phone. This way the next time you're talking on the phone you can multi task. Walk around, fold laundry, pull weeds, do dishes, whatever. Any movement you get in a day can benefit your health!

Tip 6: Resistance in a Purse

Toss a resistance band in your purse along with a go to workout on a set of index cards. Keep it simple. Focusing on basic push, press, and squatting movements that you can perform in 10-20 minutes. This way when a window of opportunity arises you can break out the band and crank out a few sets to keep those muscles happy. You can even use your purse as resistance, if it's not too heavy :)

Tip 7: Ah, Push It!

When maintaining your lawn, push that mower even if it's powered. It's a great workout, engaging the quads, glutes, pecs, delts and triceps! Next time you toss a bag of popcorn in the microwave break out some kitchen counter Push-ups in that 2 minutes it takes to pop the corn!

Tip 8: Get an Exercise Ball

Instead of parking your behind on the couch while watching your favorite TV show, try putting those glutes to work on an exercise ball. Sit on the ball and move from side to side to work the muscles of the core. Pick up your feet one at a time. Just move while you are watching your favorite TV show. Who cares if your family thinks you're weird. At least you'll be weird and healthy!

Tip 9: Just Dance

Stuck in traffic on your commute home. Just Dance. Crank up the music! Bounce up and down. Shake from side to side. Head bang. Tap those feet, just be sure to keep one foot on the brake. :) Whatever! Just move! It's true that all these little things add up helping us become healthier!

Tip 10: Tap into your Competitive Side

Make it a competition the next time you shop to be the one who parks the furthest away from the store. Lazy people are the ones circling the lot to find the closest spot. One up them by parking as far away as possible. Bonus when your car is parked out in the open, vandals are less likely to break into your vehicle because it increases their likely hood of getting caught.

*For more tips visit us at: SmallStepsApproach.com
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- These tips are not intended to diagnose or treat any known medical condition. Always consult your physician before engaging in any type of exercise or diet plan.