



## 8 Easy Ways to Add Movement to Your Day Even When You're Too Busy to Exercise

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Finding time for exercise can sometimes be challenging. Between work, family commitments, and other responsibilities, it's easy to feel like there's no time left for physical activity. However, incorporating movement into your day doesn't always have to involve dedicated workout sessions or time at the gym. By making small changes to your routine, you can add movement to your day. Using an activity tracker or smartwatch can be a good way to track your steps, activity level and heart rate.



## HERE ARE 8 EASY WAYS TO ADD MOVEMENT TO YOUR DAY:

### 1. Take the stairs

You've probably heard this suggestion before, but how often do you do it? Instead of taking the elevator or escalator, opt for the stairs whenever possible. Climbing stairs is an excellent way to engage your leg muscles and get your heart rate up. Start by taking the stairs for a couple of floors and gradually increase the number as you build stamina.



### 2. Have active breaks

Instead of sitting at your desk during lunch breaks or coffee breaks, use that time to go for a short walk. Invite a colleague to join you and enjoy the benefits of fresh air and increased circulation. Regular movement throughout the day can improve focus and productivity.







### 3. Incorporate movement into daily chores

Household chores can't be avoided, so why not turn them into an opportunity for physical activity? Engage your muscles by doing squats while folding laundry or do calf raises while brushing your teeth. These small bursts of activity can add up and contribute to your overall movement goals.



### 4. Stand and stretch

Sitting for prolonged periods can have detrimental effects on your health. Set reminders to stand up and stretch every hour, even if it's just for a couple of minutes. This will help alleviate muscle tension, improve blood flow, and boost your energy levels.

## 5. Take active transportation

Whenever possible, choose active modes of transportation. If you need to run errands or visit a nearby location, consider walking instead of driving. Not only will this allow you to add movement to your day, but you'll also save time by avoiding traffic and parking hassles.



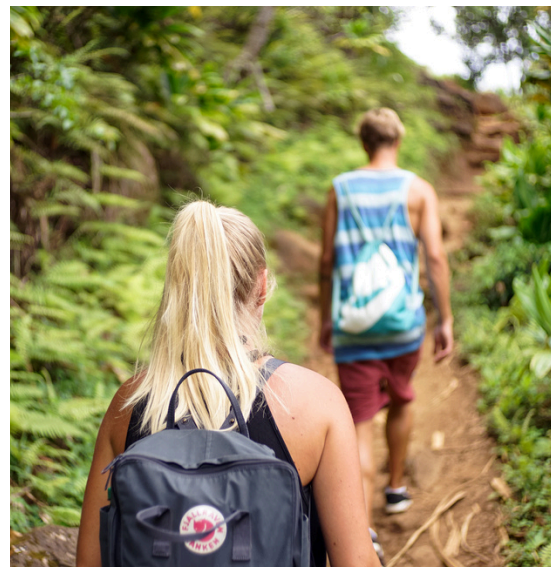
## 6. Use a standing desk

If you spend a significant amount of time working at a desk, consider using a standing desk. Standing while working not only helps you burn a few extra calories but also promotes better posture and reduces the risk of sedentary-related health issues.



## 7. Schedule active family time

Instead of always bonding with your family solely through activities like watching TV or playing video games, plan active outings or indoor activities. Go for a family hike, play a game of tag in the park, or have a dance party at home. This way, you're not only adding movement to your day but also creating lasting memories with loved ones.





## 8. Make the most of breaks

Whether it's a work break, a TV commercial break, or a break between household chores, use those moments to engage in quick bursts of exercise. Do jumping jacks, push-ups, or lunges to get your heart pumping. These brief activities can be surprisingly effective in increasing your daily movement.

Being too busy for regular ‘workouts’ doesn't mean you have to be sedentary, and when you make it a priority, you’ll be able to find ways to work it into your schedule. Even incorporating short bursts of movement can be beneficial, so start where you can and see how often you can add in physical activity during the day.

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