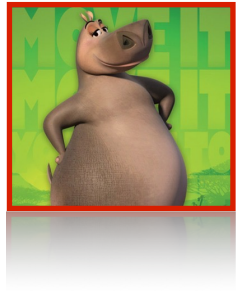


MOVE IT! MONDAY

Small Ways You Can Move More!

Does your schedule ever feel too packed for a 30-minute session of exercise? Short bursts of physical activity throughout the day can add up to make a big difference, like a stronger heart and lower blood pressure.



10 ideas for short bursts of physical activity for low to moderate fitness levels:

1. Organize to walk a mile with friends or co-workers, this will turn exercise into a fun, social activity.
2. Stretch regularly. Being flexible can help you enjoy more of life, too! Even if it's winter, it's important to keep moving and committed to fitness. And science says the benefits of group exercise include improved mental, emotional, and physical quality of life, and a reduction in perceived stress. All of these benefits add up when winter forces you to bring summer fun inside.
3. Do a quick chair yoga routine at your desk.
4. Do a few wall squats during your work break.
5. Walk in place using the back of a stationary chair.
6. Drink water regularly and get up for refills.
7. Park in the back of the lot to add steps to your destination.
8. If you take a train or a bus, exit one or two stops before your destination to fit in a walk.
9. Take the stairs instead of the elevator. It's true, exercise can be that simple.
10. Do some easy and fun core strength exercises in a chair.