

Four Ways to Move That Don't Involve the Gym



Don't have a 30-minute block of time to dedicate to yoga or a bike ride? Don't worry. Think about physical activity as a lifestyle rather than just a single task to check off your to-do list. Look at your daily routine and consider ways to sneak in activity here, there, and everywhere. Here are some ideas:



ON-THE-GO

Bike or walk to an appointment rather than drive. Use stairs instead of elevators, briskly walk to the bus stop, park at the back of the lot, walk into the store or office, or take a vigorous walk during your coffee break.



CHORES

Use chores around the house such as cleaning the house, washing the car, tending to the yard and garden, mowing the lawn with a push mower, sweeping the sidewalk or patio with a broom.



FAMILY TIME

Jogging around the soccer field during your kid's practice, making a neighborhood bike ride part of your weekend routine, playing tag with your children in the yard, going canoeing at a lake, or walking the dog in a new place.



GET CREATIVE

Jumping on a trampoline, picking fruit at an orchard, boogieing to music, going to the beach or taking a hike, gently stretching while watching television, organizing a practice bowling outing, or taking a class in martial arts, dance, or yoga.

References:

helpguide.org/articles/healthy-living/how-to-start-exercising-and-stick-to-it.htm