

How to Fit More Movement Into Your Life

If you are doing this program, you probably want to add more movement into your daily life. It's wonderful that you have come to that realization, and I am here to help you do just that!

There are so many ways to fit more movement into your life without adding more minutes of exercise. This article is designed to give you tips and examples of how to add more activity and movement into your life in fun ways or by adding movement to things you already do.

Walking

Tip: Walk 1 mile (or more) each day.

I strongly encourage every single one of my clients to go for daily walks. It's a super healthy way to move our bodies without overworking them. Walking is what human bodies were designed for; before we advanced into this technological age, humans did much more physically demanding jobs that all involved walking. Being out in nature also has many therapeutic benefits, so walking is a win-win!

Watching TV

Tips: Stretch your body. Do standing movements. Sit with good posture.

Watching TV is often detrimental to our bodies for a variety of reasons: we sit with bad posture, stay more sedentary, and snack a lot (I know I am super guilty of this last one!). BUT it doesn't have to be this way! Here are some things you can do while watching TV that will keep your body happy (and help you avoid the extra calories too):

- **Stretch your body.** If your shoulders and neck are tight, do some stretches that target them. Same with your hips, lower back, etc.
- **Sit with good posture.** Keep your head back, roll your shoulders back and down, and tuck your tailbone down to allow your spine to lengthen.
- **Engage your core.** This ties in closely to good posture but is worth its own mention. Engage your ab muscles to help you sit up tall and strengthen them without even moving.
- **Do standing movements.** You can easily squat, march in place, jog in place, do side steps, do small lunges, do calf raises, etc. without breaking your attention from the TV.

Sitting in the Car

Tips: Do isometric exercises. Sit with good posture.

Let's start with posture. Make sure you keep your head against your headrest (that's what it's there for after all), your shoulders rolled back and down, and your spine long while you are driving to keep your body from becoming tight and weak.

Isometric exercises are when you hold a pose. Since we can't exactly move our body safely while driving, try some of these isometric exercises next time you are behind the wheel (preferably at red lights so you don't hurt yourself or others):

- **Abdominal Bracing** - Squeeze your ab muscles really hard like someone is punching you in the stomach or you are laughing so hard it hurts. Hold for a few seconds and then release. Repeat several times.
- **Arm Squeeze** - While holding onto the steering wheel, squeeze every muscle in your arm so hard that your arms shake. Hold for a few seconds and then release. Repeat several times.
- **Butt Squeeze** - Squeeze your glutes and hold for a few seconds before releasing. Repeat several times.
- **Side of Neck Stretch** - Tilt your right ear to your right shoulder and hold 10+ seconds. Then repeat on the left side.

Household Chores

Tip: Clean with the intent to make it exercise. Do everything with good posture.

When you are cleaning, you are actually doing light exercise. Now that you know that, put a little pep in your step and treat it like exercise with these tips:

- **Have good posture.** This one really falls into every single minute of your day. Sit and stand tall while doing any household chore.
- **Bump up the speed with your cleaning.** Try to do chores such as vacuuming, cleaning the kitchen, dusting, and cleaning the bathroom as quickly as you can while doing a thorough job. This will get your heart rate up AND save you time. Win-win!
- **Laundry** - stand while folding instead of choosing to sit down (you can still stand while watching TV)
- **Doing dishes by hand** - try standing on one leg to practice your balance or march in place to get your feet moving
- **Dusting** - try marching your legs up and down while dusting

Hygienic Routines

Tip: Add movements to daily routines like brushing your teeth.

Hygienic routines provide a great opportunity to do a little extra movement without adding time. Here are some examples of movements you can do while brushing your teeth, washing your hair, moisturizing your face, etc.

- Calf raises
- Mini squats
- Side steps
- Walking around (forwards/backwards to make it a little tougher)
- Balancing on one leg
- Marching in place

Play Active Games

Tip: Play games that involve movement.

There are plenty of games that allow you to socialize AND move your body. This list is just a brief one; there are numerous active games!

- Darts
- Pool (Billiards)
- Ping Pong
- Horseshoes
- Wii
- Pokemon Go

Pick Up a New Hobby

Tip: Start a new hobby that involves movement.

If you are looking for a new hobby, consider one of the following ones that gets your body moving:

- Dancing
- Yoga
- Hiking
- Kayaking
- Tennis
- Golf
- Biking
- Swimming
- The list literally goes on and on!