

6 TIPS TO HELP YOU MOVE MORE EACH DAY



1

STRETCH IN THE MORNING

As soon as you get up in the morning try spending 1-2 minutes stretching your tightest areas. Hips, hamstrings and back/shoulders are most common.

2

STAND UP EVERY HOUR

Sitting all day is horrible for our bodies! Try to make a point to stand up every hour. If you have more time add in more movement like touching your toes or chest openers.

PARK FARTHER AWAY

People often try to get the best parking spot, but next time park as far away as you can and walk further to your appointment or store. All steps add up in a day.

3

4

USE THE STAIRS

If you have stairs at your house or job you should use them as many times in a day as possible. Not only does this get your body moving more than using the elevator, it can help you build strength in your lower body. The more muscle mass you have as you age the longer you could live!

TAKE A WALK AFTER EACH MEAL

Not only does walking more help the body feel better due to movement but also helps digest the food you just ate. Even a 10 min walk after you eat will make a huge difference.

5

TRY MINI WORKOUTS

Mini workouts are quick exercises spread out throughout the day instead of blocking off a full hour. You could do 10 squats or push ups or a timed plank every couple of hours during your day.

6

NEED HELP WITH ANYTHING ABOVE? EMAIL KERRI.BROWN9@GMAIL.COM