

Easy Exercise Ideas

Being active, who has time? You do! Exercise continues to be an important piece of the 'quest for optimal health' puzzle. With our quick fix, 'make it easier for me' lifestyle, our day to day activity continues to diminish and we simply aren't moving as much as we used to. What is the exercise prescription all about? Quite simply it's about moving and putting (or keeping) activity back into our lives. Participating in an activity such as Bikini Boot Camp, playing outside with the kids or working out at the gym is important but an active lifestyle does not end there. Here are some healthy habits that will help you keep moving!

Take the stairs.

We've all heard that before but how many of us actually do that? You'll burn 43,680 more calories each year by walking up the 5 flights to get to your office. That's 12 ½ lbs!

Park away from the mall or grocery store and walk: Even just 2 or 3 blocks will make a huge difference.

Carry water with you. You will drink your daily requirement in no time. With all the processed food we eat you have no room to drink anything that is not going to help you flush out the stuff that shouldn't be in your bodies.

The 5 block rule: Walk, ride or skip any place you need to get to that is less than 5 blocks away.

Be part of the fun: We shouldn't miss the chance to jump in if kids are playing on a playground or splashing around in the water. Playing along sets a great example and will strengthen muscles and bones. A game of tag is sure to burn a bunch of calories!

Stroll: Take a walk after dinner each night. It will give you time to unwind from the day. Bring along a friend, spouse or the kids and catch up on the day.

Evening dance off: Turn on the tunes and whip out your moves. Dancing is a great way to tire out the kids before bed and get us moving.

Save your break: Enjoy a quick lunch at your desk and spend the rest of your hour walking with office friends.

Get busy: No sneaky-exercise plan would be complete without sex! Why not enjoy time with your partner and burn a few extra calories.

Be aware: We all have room for improvement. Make a list of all the physical activities you do on a typical day. If you find that the bulk of your time is spent sitting, make another list of all the ways you could move more--getting up each hour to stretch or walk, walk the stairs at work, etc.