

**8 Tips for Sneaking in Exercise During Your Day**

1. Park further from the office or store and walk.

2. Take the stairs instead of the elevator/escalator whenever possible.

3. If you work at a desk, occasionally lift your legs off the floor and hold

them out straight for 10 seconds to help build your core muscles.

4. Take a break every hour or so and stretch your muscles. (Think chair

yoga!)

5. Each time you visit the water cooler or coffee machine, only fill your

water bottle or coffee cup half way. That way, you have to get up and

walk more often.

6. While sitting in a meeting, waiting in line, or stopped at a red light

clench and release your abdominal muscles (to work towards those 6-

pack abs!)

7. Buy a hand gripper and use it while you are reading your emails or

waiting on hold.

8. Increase you balance ability. Stand on one foot while brushing your

teeth and washing your hands.

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