

TRICKY WAYS TO EXERCISE



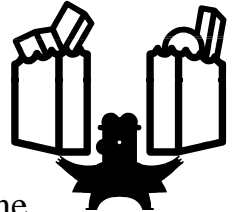
1. **Take yourself off cruise control.** Increase the intensity of your everyday tasks, from vacuuming to walking the dog. Turn on some music, add in some vigorous bursts, and enjoy the movement.

2. **Step it up – and down.** Climbing stairs is a great leg strengthener because you are lifting your body weight against gravity. In addition to taking the stairs at every opportunity, try stepping up and down on the curb while you're filling your gas tank.



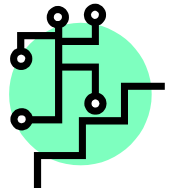
3. **Put a pen between your shoulder blades.** You'll burn more calories (and look thinner) when you stand tall. To improve posture, stand or sit with your arms relaxed at your sides, palms facing forward. Visualize a pen placed vertically between your shoulder blades, and squeeze them together as if you were trying to hold the pen in place. Hold for a count of 6, relax, and repeat 12 times.

4. **Think of bags as dumbbells.** When you let someone else load your groceries or carry your suitcase, you're missing a great opportunity for strengthening and calorie burning. Carry your groceries, balanced with a bag in each hand, even if you have to make several trips. And pack two smaller suitcases instead of one big one, so you can carry them yourself.



5. **Have a ball.** Replace your chair with a giant exercise ball. You have to engage the core muscles to maintain stability, so you're getting a great workout right at your desk or in front of the TV.

6. **Go the distance.** Stop using the closest restroom, parking space or vending machine. Get in the habit of taking the longest route to the restroom (on a different floor, if that's possible) and climb stairs to get there.



7. **Do chair-robics.** Set a timer to ring hourly. When it goes off, stand up, and sit down slowly four times. This will boost circulation and give you a nice stretch. You'll be doing 4 squats an hour or 32 a day. That's a great way to strengthen your lower body.

8. **Play waiting games.** Don't just sit there while your computer is downloading or the copier is collating. Do a stretch (place both hands behind your head, open your elbows and lean back), try balancing on one leg, or do a few buttocks squeezes.



You can make exercise fun - find something you like, and pump it up!