



wellness MONTHLY



MOVES THAT ADD UP

The holiday season is approaching, with family visits, shopping, and food to prepare. When our schedules are already packed to begin with, it can be hard to fit it all in, not to mention an hour long workout!

We hope this can be one less thing to stress about this holiday season. Remember, being able to sprinkle a bit of physical activity throughout your day can add up and make a big difference!

If you follow these ten easy tips to squeeze in more “moves” throughout your day, you will feel fueled to take on any holiday stressor that may come your way, such as that family member you are less than enthused to host or the shopping mall crowds you are reluctant to face.

10 Tips for More Moves

1. Switch to a walking meeting.
2. Walk to a co-worker’s desk instead of emailing them.
3. Use the bathroom on a different floor.

4. Set and stick to a walking goal. For example, do not leave the office until you have logged a certain number of steps.
5. Pace or march in place in your workspace or at home while on the phone.
6. Before checking out at the grocery store, take an extra lap around the store.
7. Get off your bus or another form of public transportation one stop early.
8. Stick to a “one-mile rule”. Instead of jumping in the car for an errand less than a mile away, try walking instead.
9. Spend some time outside, whether it’s in your backyard, at the park, or just in your neighborhood.
10. Do not underestimate the amount of stretching, lifting and moving you do while tidying up your home. Break out the vacuum for a few extra steps!