**Session 4 – Move Your Body**

*(handout 2)*

**Fitting in Fitness Every Day**

***At Home***

**• Do squats, lunges, or walk while you brush your teeth.**

**• When taking out the trash or unloading groceries, make mutiple trips.**

**• Perform lunges while you vacuum.**

**• Make more trips, especially up or down stairs, when picking up.**

**• While watching television, walk in place, or do push-ups, sit-ups, squats, or lunges.**

**• When talking on the phone, do arm curls, stretches, do squats, lunges, or the wall-sit.**

***At Work***

**• Arrive 5 minutes early and park farther from the building.**

**• Before entering your building, walk around the entire block at least once.**

**• Give yourself a break and use the time to walk or do stretches.**

**• Walk before and after work, at breaks, and at lunch.**

**• Visit people instead of calling or emailing them.**

**• Take longer routes to get a drink or visit people.**

**• Ask a colleague to join you for a walk-and-talk business meeting.**

***Running Errands***

**• Go into the bank or pharmacy rather than using the drive-up.**

**• Park across the parking lot.**

**• When shopping, walk around the periphery of the store before heading down the aisles.**

**• Take your own groceries to the car. Take the cart back to the store.**

**• When shopping, walk the mall before starting to shop. Take the stairs, not elevator or escalator.**