



How do I fit fitness in?

i. Daily routine exercises

1. Lunges or squats while brushing teeth or while on the phone
2. Squats against wall while reading the newspaper
3. Stretches while in the shower tricep stretch – arms over head holding elbow or chest stretch - holding hands behind back & lift
4. Calf raises while waiting in line
5. Bicep curls while grocery shopping
6. Hamstring stretch while blow-drying your hair
7. Seated torso twist at work
8. Standing push ups while cooking dinner (hands on countertop)
9. Standing leg kicks while on the phone
10. Tricep kickbacks while helping with homework
11. Back extension exercise on bed before turning in

ii. Cardio Commercial Breaks

1. Jumping Jacks
2. Step Touches
3. Ski Jumps side to side
4. March in place with a kick
5. Jog in place
6. Floor Push ups
7. Tricep dips using chair
8. Dumbbell rotation on floor
9. Floor crunches

iii. Fitting two exercises in at once

1. Lunges with Bicep Curls
2. Wall squats with Shoulder press
3. Push ups and Dumbbell Rows
4. Leg Kicks (inner/outer) thigh together

iv. Take the stairs.

v. Park at the end of the parking lot.

vi. Take a walk at lunch time