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More balance, less bark

20 Easy Ways To Move More Throughout Your Day

For most of us, a 60 minute workout burns between 100 and 250 calories. To lose a pound per week, we need to burn 500 calories per day. Want to cut some 300 calories from your daily diet? I don't!

The secret to successful weight loss is something called nonexercise activity thermogenesis, or spontaneous activity.

Here are 20 easy ways to incorporate more spontaneous movement into your daily routine:

1. Take a leisurely walk for 5-10 minutes after each meal.
2. Walk your stairs or pace the room during commercial breaks of your favorite TV shows.
3. Park in the farthest spot from the store.
4. Pass up escalators and elevators. If you work on a high floor number, get off 2 floors below your stop.
5. Walk with your kids to talk about their day.
6. Pace when you're thinking or need creative inspiration. Better still, go for a walk with your notebook.
7. Download a mindfulness app, like MindBell, that will chime at the intervals you set. At each chime, simply stand up all the way and sit back down. Every 20 minutes is perfect.
8. Alternative to #7 – if you have a mountain of paperwork to do, stand up every 10 pages or so.
9. Rather than clean your house at once, break up chores and do them periodically throughout the day.
10. Practice balancing on one leg while standing in line. Start by resting your toe and progress to raising your knee.
11. Don't email or call your colleague – walk to their office or cubicle.
12. Walk your dog around the neighborhood each morning and evening.
13. Create a playlist of songs that move you and listen to one (or more!) every day and dance.
14. Do calf raises, squats, or practice balancing (See #10) while brushing your teeth.
15. Enjoy feeding birds? Put your feeders at the back of your yard.
16. Sway, do step toe touches, march in place, do squats, shake your booty while blow drying your hair.
17. Do up to 20 jumping jacks when you first get out of bed.
18. Use a headset during conference calls so you can stand and move around.
19. Want to know what the weather is like before you dress for the day? Walk outside and find out!
20. Get on the floor to play with your kids and/or pets.

Many of these are interchangeable, but you get the idea. Once you start looking for them, opportunities to move are plentiful even in the most jam-packed days. Have fun!