

# 10 Easy Ways To Add Movement Into Your Day



These are a few odd, but simple, ideas for incorporating movement into a sedentary, or too-busy for the gym, lifestyle. Come up with your own and share them at **The M.O.M.\* Meet-Up: Raising Confident Girls**.

\*Mastering Our Motherhood

1. **Set a Timer** for 45 minutes. When it goes off, get out of your chair and **MOVE** for 5 minutes. Over an 8-hour workday, you will have worked out for 40 minutes!
2. **Drink & Pee:** Drink 8 ounces of filtered WATER every hour so you will have to keep getting up to use the restroom. It will help flush toxins out of your body and keep you hydrated. Then... back to #1!

3. **Create an Inconvenient Life:** Put the items you use regularly barely out of reach on higher shelves. Put your silverware in the lowest drawer. Stretch and reach for commonly used items every time you need them.
4. Every time you get out of your chair, **stand and sit 5-10 times**. By the way, those are modified squats.
5. **Park your car far** away from the door. It will add steps to your day, even when you don't know if you're coming or going (but not after dark).
6. **Take the stairs** at least one time a day, even if you don't need to. If there aren't any in your home or workplace, *Find Some!* Or, improvise – find a curb and step up and down for a minute.
7. **Grocery shop** for fresh produce daily instead of weekly. It will add steps to your day, and in a weird way, give you a few moments of **Me Time** as you decide which healthy things you want to put into your body.
8. **While sitting at your desk**, do leg lifts. Make sure you support your back by engaging your stomach. If you are not in the best condition, start by simply lifting one foot off the floor at a time.
9. **Drop your Pen** on the floor next to your chair on the right. Remaining seated, lean sideways and pick it up. Inhale on the way down; exhale on the way up. Repeat on the other side.
10. With your hands higher than your heart, **stretch and shake your fingers** every hour. Move each finger as far away from the others as possible; then move them as far up and down as possible. Shake it out.

Don't over do it the first day. Try a bit of everything, and see how your body responds. If you end up feeling a little sore the next day, or the day after, don't worry. That's just your muscle cells putting out a call for more mitochondria (teeny energy makers) to be made.

Bonus: Share this with your daughter. Challenge her to a contest to see who can:

- Do the most chores with your hands higher than your heart
- In 5 minutes, come up with the most ideas for adding movement into your day
- Raise a sweat folding laundry together
- In 4 minutes, come up with more contests for generating ideas

You'll both benefit from this activity, and you'll be building a fond memory in the process!

If you would like to work with Deborah on optimizing movement in your busy life, email her about your interest at **info@DeborahAnnDavis.com**. If you want tomorrow to be different, you have to change something today.