

# Sneaking in Movement

Adding movement throughout your day is a great way to take care of yourself, and can help you cope with stress. If you need little ways to move more instead of completing an hour-long workout, here are 20 ideas. Go ahead and try a few.

1. Stand instead of sitting.
2. Sit on an exercise ball at your desk or table instead of a chair. (This builds core strength.)
3. Do stretches or walk in place or ride a stationary bike while watching TV.
4. Before getting out of bed each morning do some stretches laying down.
5. During commercial breaks, do abdominal crunches, jumping jacks, push-ups, or simply get up and walk around.
6. Alternate standing on one leg, then the other while doing dishes.
7. Play with your kids.
8. Hold a wall sit — stand with your back against the wall and lower your body as if you are sitting down onto a chair — while talking on the phone.
9. Do squats, lunges, or push-ups against the kitchen counter while waiting for your food to cook in the microwave.
10. Do a few squats while brushing your teeth.
11. Do calf raises while getting ready in front of the bathroom mirror.
12. Keep hand weights or cans at your desk. Do bicep and tricep exercises while on phone calls.
13. Perform up to 5 body-weight squats when you rise from a chair.
14. Turn on the music, and dance around the house.
15. Clean your house regularly.
16. Do squats while loading clothes into the laundry.
17. When ironing clothes, do 10 to 20 jumping jacks, or 5 to 10 burpees (lowering your hands to the floor, jumping your legs out behind you forming a plank position, jumping back to your hands, and then jump straight up) after each item.
18. Get up and walk around after sitting for 30 minutes
19. Take advantage of technology. Set an alarm to remind yourself to get up and move.
20. Most important — have fun and move throughout the day!

Remember, everything counts. You don't have to spend hours following an at-home workout video, you can easily get your daily sweat by trying these short-burst activities.

## References:

- <https://health.gov/our-work/physical-activity/current-guidelines/top-10-things-know>
- [https://www.cdc.gov/coronavirus/2019-ncov/prepare/managing-stress-anxiety.html?CDC\\_AA\\_refVal=https://www.cdc.gov/coronavirus/2019-ncov/about/coping.html](https://www.cdc.gov/coronavirus/2019-ncov/prepare/managing-stress-anxiety.html?CDC_AA_refVal=https://www.cdc.gov/coronavirus/2019-ncov/about/coping.html)