

# daily motion positive results

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**W**e have the perception that being fit requires a lot of time and that we must work vigorously to make it worthwhile. Wrong. Exercise is also known as physical activity—which includes anything that gets us moving. **You can reap the benefits of being physically active without going to a gym, playing sports, or using fancy equipment.** You'll feel better physically and mentally, and have increased strength, flexibility and endurance.

For most of us, work takes up a significant portion of our day; often in sedentary jobs. However, there are ways to be more active throughout your day. Fall is a great time to start a routine that increases your daily physical activity. Here are some tips to get you moving in the right direction.

- Take a walk with a co-worker while brainstorming project ideas.
- Walk down the hall to speak with someone rather than using the telephone or email.
- Use the stairs instead of the elevator. Or, get off a few floors early and take the stairs the rest of the way.
- Reserve a few minutes each hour to stand up, take a couple deep breaths and stretch.
- Walk around when waiting-- at the airport, for the kids, for an appointment, etc.
- Participate in a wellness group or organize company outings with fun activities that get people moving.
- Stay at hotels with fitness centers or swimming pools and use them when traveling.
- Bring along a jump rope when you travel. Jump and do calisthenics in your hotel room.
- Sign up for a yoga, Pilates or other group fitness classes with a co-worker or a friend.
- Join a fitness center near your job. Work out before or after work to avoid rush-hour traffic, or drop by during the noon hour.
- Schedule exercise time on your calendar and treat it as any other important appointment.
- Take a break during the work day. Walk around your building or down the block.

- Walk to the mail box.
- Rake the yard, push mow the lawn, weed the garden.
- Take a walk with your spouse or a friend. Play outside with your children or pets.

**If you've been inactive for a long time, are overweight, have a high risk of coronary heart disease or some other chronic health problem, see your doctor before beginning a physical activity program.** Choose a variety of activities that are fun and not exhausting—this way, exercise will never seem boring. Find times and places that are easy for you to fit into your schedule, then, make these activities a habit.

It is important that you surround yourself with supportive people. Ask them for their help. Do you want them to remind you to exercise? Ask about your progress? Participate with you regularly or occasionally? Keep a record of your activities. Set achievable goals. Reward yourself at special milestones.

Nothing motivates like success!



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