Move More
Without Traditional Exercise

Moving more doesn't mean spending hours sweating at the gym. Sometimes there isn't enough time for a full bout of exercise. That's why it is important to establish habits and daily routines which incorporate a lot of movement. This will help maintain a more active lifestyle without thinking about it.

Park farther away.	• Walk around the lot at least once before entering work and again before leaving. • By tying it to your daily routine, it increases the chance of becoming a habit, and it only takes a few minutes.
Take the stairs.	• Challenge yourself and set goals around the number of flights you climb, how fast or the number of times you use the stairs. • If you carry something upstairs, make multiple trips to double the impact without taking up a lot of time (ex. putting laundry away, organizing the house, delivering something).
Take the long route.	• Plan ahead to take the long route. • At work, use a restroom on another floor or further down the hall. • Take a lap around the office before using the printer or copier.
Add steps to errands (grocery store, mail, etc.).	• Walk completely around the store before going into the aisles to shop. • Set a goal around how quickly you can do it, or the number of laps you can take. • For a bigger challenge, consider walking to the store.
Move while waiting.	• Walk around, walk in place, or pace back and forth while waiting on friends, family, machines or waiting for children to finish an afterschool activity.
Take five minutes at least three times each day to move.	• You can squeeze in short walks before or after a meal, a meeting or while running errands. • Pair short activity with social or family time (ex. walk when on the phone, with family, coworkers or friends).

Louisiana

Good to Know!

A 150-pound person walking for five minutes at a brisk pace can burn up to 23 calories. Walk a total of 25 minutes each day and burn around 700 calories in a week.

That's a great reason to take a few five-minute breaks throughout the day!