
SNEAKY WAYS TO MOVE

There will be days when it's going to be tough to create time to exercise. So is life. But is it that you don't have the 60, 45, or 30 minutes you've defined as the time you need to exercise?

Below I'd like for you to list simple ways you can incorporate more daily movement into your life. These activities could be very simple such as; walking the dog every evening to more advanced like going on a jog during your lunch break at work.

I've provided a few examples below but this will be unique to you and your schedule. One the right of the activity you can check off the days that you did this. Get creative and have fun!

1. Walk the stairs during my lunch break M T W Th F Sat Sun
2. Play basketball with my kids for 15 min M T W Th F Sat Sun
3. Jog around the baseball field M T W Th F Sat Sun
4. Sign up for dance classes (finally!) M T W Th F Sat Sun
5. _____ M T W Th F Sat Sun
6. _____ M T W Th F Sat Sun
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15. _____ M T W Th F Sat Sun

