

# 5 Easy Ways to Build an Active Life On-The-Go



## Encouraging Movement On-The-Go

From the moment we wake up until it is finally time for bed, most of our days are constantly busy. Between breakfast, taking the kids to school, work, errands, extracurricular activities, homework, dinner, and getting ready for the next day, we hardly have a moment of free time. Though we are often on-the-go, these busy days are usually revolving around a sedentary lifestyle.

We sit in traffic...

We sit at a desk all day at work...

We sit down in the evening to relax and unwind...

**Being more active** may sound exhausting. You hardly have any energy at the end of the day as it is. How could adding anything else to your schedule have any positive impact on you? According to the **Mayo Clinic**, about 30 minutes of moderately strenuous exercise per day has numerous benefits, including maintaining mental well-being, increasing energy, and stamina.

Luckily, this in no way means you need to go out and buy an expensive gym membership or try to rearrange your day to fit in another activity. Ditch the sedentary lifestyle, and check out these 5 simple ways to lead an active life on-the-go, without giving anything up!

### **Use the Stairs**

Instead of waiting for the elevator or riding the escalator to the 2nd floor of the mall, try taking the stairs. Not only is this a great way to get more active, sometimes, it's the fastest way to get to where you are going.

### **Walk at Work**

Opt to walk down the hall to give a message to a co-worker. This is not only good for your active lifestyle, but it will also help you to focus on the task at hand. You may also be able to catch a few minutes of "water cooler" talk.

### **Dance and Clean**

Turn the radio on to your favorite station next time you are doing dishes or folding laundry. This not only makes a normally boring job more enjoyable, but you'll burn a few extra calories while you're at it! Music is also known to lift your spirits, so you may even find yourself smiling during cleaning time!

### **Standing Play**

There is no reason you shouldn't encourage your kids or students to have an active lifestyle as well. A high table, like a standing desk, where they can stand to play games or do crafts will help improve their overall health and enhance their creativity.

## **TV Movement**

Even your down time can be used to benefit your active life. Instead of just sitting on the couch, jog in place during the commercials, or maybe ride a stationary bike.

These are just a few examples of ways you can easily promote movement in your life. The possibilities are endless. Just use your imagination. You could park in the back of the parking lot instead of near the door. Or, if you're just buying a few items, don't use a shopping cart. Carry your purchases around the store. The most important thing to remember is to keep your life as active as you can, and these simple daily habits will be sure to add up!