

# How to Break Free from a Sedentary Lifestyle



## Break Free by Moving More

With so much technology surrounding your everyday life, it's easy to sit around and watch TV, play video games, or surf the web. So much sitting around, however, can **lead to many health risks** and push you into a sedentary lifestyle.

***Sedentary Lifestyle is a term to describe a lifestyle that revolves around little to no exercise. This type of daily living can be detrimental to health. A person who lives a sedentary life is commonly referred to as a "Couch Potato".***

It's important to get up and move around throughout the day. Follow these simple steps to develop a fitness focus environment in your

classroom and at home so you can end the motionless cycle and build an active life on-the-go.

## **1. Start a Routine**

Having a routine that you follow every day will allow you to see where you have time to add in movement. You might find that you have a block of time open a couple times a week to **develop an easy exercise routine**, which will increase your health, energy, and productivity. Even if you don't have that kind of time, you can point out places where you can add a little bit of extra movement. For example, maybe you can simply pace around your bathroom while you brush your teeth. Developing these simple daily habits can increase productivity and make a huge difference in your step count at the end of the day.

## **2. Establish Movement Breaks**

In the classroom, you can build in movement breaks between lessons or tasks. Go on YouTube and find an easy dance or stretch routine. Take a few minutes and let the kids walk around the room and stretch their legs. You can also incorporate lessons which have movement, like a **gallery walk**, to both enhance learning and encourage movement. Finally, you can invest in [standing desks for your classroom](#). The students can work on history or math while standing, which allows them to get their jitters out and stop their sedentary lifestyle. **Kids are meant to move**, so allowing them to move in small ways throughout the day will save you a lot of headaches in the end.

## **3. Make Physical Activity a Priority**

At home, as much as possible, encourage your family to get up and move. After dinner, you could take a walk around the block and talk about your days. Not only will this bring you closer together, but it shows your kids how important small amounts of exercise is, which will stay with them as they grow up. Another way to end your sedentary lifestyle at home is to set time limits on electronics. Every ten minutes on their phone or computer requires ten minutes of movement either immediately before or after. Finally, you can pick a new exercise to learn or practice each week with an incentive. For

example, if you and your family want to try planking, practice it together and then hold a contest at the end. Whoever can hold it the longest can get out of doing the dishes or some other unwanted chore.

There are lots of ways to **incorporate movement into your life**, both in the classroom and at home. Many of these don't even require any special equipment, which makes it easy to get started!