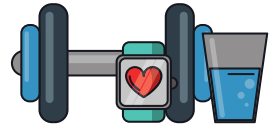




EXERCISE TIPS FOR A BUSY LIFESTYLE



1

MORNING WORKOUTS-prepare the night before! Layout your clothes and pack you lunch & bags!



2

Track and celebrate your success and don't get discouraged if you miss a day or week. Just start again!

3

Commit to minutes not hours! It adds up! Try breaking your workout up into 10 minute increments. 6 times a day adds up to an hour!

4

Have FUN! Add music, listen to a podcast or choose things you enjoy!

5

Exercise at school during lunch, recess or walk during online meetings if possible.



6

Go WALK! Leave walking shoes at work. Walk the halls before/after work or take a few laps around the building.



7

Exercise with your students! Everyone benefits from movement breaks.

8

Move whenever you can! Walk to the office, walk to talk to a co-worker instead of email or walk while taking a long phone call

9

Use FREE fitness apps & YouTube videos for quick workouts at school! A few free ones: *SWORKit*-this will tailor a workout to the time/activity you choose. *7-minute Workout by Wahoo Fitness*. It's a FULL BODY workout in ONLY SEVEN MINUTES!



10

Use a smart watch or your phone to track your steps! Set a step goal that pushes you sneak movement into your day (like parking further away or taking stairs).

11

EVENING WORKOUTS-pack a snack and workout gear, do not stop at home or it's easy to stay home!

12

DESKERCISE. Sitting at a desk doesn't mean you have to sit still. Get some hand weights or bands to do exercises such as biceps curls and overhead extensions throughout the day.

13

Enlist your co-workers! Accountability is always helpful and it's more FUN! Consider setting up an afterschool workout class.



14

Propose walking meetings. Change the pace of your workplace by breaking out of the conference room and doing walking-and-talking meetings instead of the usual sit-down ones.

15

Take stretching breaks throughout the day. Whether you are standing up or stretching in our seat, stretching keeps the muscles strong, flexible, and healthy.

