



How to Fit Exercise into Your Life!



With the full and fast paced lives we lead sometimes it can be difficult to find the time to commit to an exercise programme. Here is a guide of how you can incorporate exercise into your daily activities.

In the Morning



- Before you get out of bed – lying exercise such as spinal rotation or leg slides
- Whilst brushing your teeth – march on the spot
- During your shower – practice standing with good posture, activating your core stability and taking deep breaths
- When dressing – elongate your limbs for a gentle stretch as you put on your clothes.

Travelling to work

Whether you travel by car, train or bus you could use this is an opportunity to exercise.

In the car



- Try to sit tall with good posture
- Practice your pelvic floor and core stability exercises - draw your pelvic floor muscles upwards and your tummy button towards your spine. Continue to breathe regularly.
- Practice shoulder mobility and isometric exercises – shoulder rolls, scapula setting
- Park your car further away from your destination and walk briskly for the remainder of the distance.

On the bus or train



- If you are able to find a seat practice sitting with tall posture, draw your pelvic floor muscles upwards and your tummy button towards your spine. Continue to breathe regularly.
- If you are standing practice standing with tall posture, pull your tummy button inwards and tense your buttock muscles. Continue to breathe regularly
- Get off a stop early and walk briskly for the remainder of your journey
- Try to use stairs instead of escalators or elevators.
- Ensure that if you are carrying items that the weight is evenly balance between your shoulders – straps of a rucksack over both shoulders

At the Office



- Ensure your workstation is set up to accommodate your needs. Check that you are sitting with a good posture and that you are using furniture and equipment correctly

- Take regular breaks - get up from your desk and move around.
- Try marching on the spot
- Whilst waiting for photocopying try performing standing exercises - squats, calf raises, hip abductions, hip extensions.
- Try to stretch out your arms and legs and loosen your shoulders to prevent stiffening up.



On your lunch break

- Try to get out for a walk in the fresh air – alone or with a colleague
- If you are queuing for lunch try standing with tall posture and practice your core stability exercises
- Run your errands – walk to the post box



At home

- Waiting for the kettle to boil try performing standing exercises or stretch
- If you have been inactive throughout the day, before dinner walk up and down the stairs a few times
- The ideal time to perform your exercises is whilst watching the T.V. particularly in the advert breaks
- Instead of using the remote control get up and change the channel
- Practice sit to stand – activating your core stability and tensing your buttocks
- Try lying on your back, take your arms over your head and point your fingers and toes in the opposite direction and feel a great all over stretch



Doing the house work

- Whilst vacuuming - elongate the movements so you are using the whole of the body
- Whilst ironing – ensure the tummy button is pulled in and control the movement at the shoulder
- Whilst loading/unloading the washer/dishwasher/tumble dryer – Keep your hips- knees- toes in alignment, pull your tummy button towards your spine and tense your buttock muscles on the way up.
- Whilst cleaning the windows – ensure your tummy button is pulled towards your spine and practice wall slides



Socialising

- If you are out with friends go for a walk before dinner to elevate your metabolism
- Go for a bike ride/ swim with friends
- Dancing is a great way to burn calories on a night out