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EASY WAYS TO EXERCISE MORE IN 2018



- 1 [Walk](#) to work.
- 2 Take the stairs instead of the elevator.
- 3 Get a [standing desk](#) ...
- 4 ... better yet, get a treadmill desk.
- 5 [Sign up for a 5K, a 10K or however many K you can handle.](#)
- 6 Forget the shortcut this time and take the long way.
- 7 Get a dog; [then walk it.](#)
- 8 Sign up for a yoga class ...
- 9 ... or a [spin class.](#)
- 10 Install a [pullup](#) bar in your doorway.
- 11 Begin each morning with a 10-minute calisthenics regimen.
- 12 Eschew a grocery cart for a handbasket.
- 13 Stop emailing back and forth, and walk over to a co-worker's desk.
- 14 [Chase your kids around](#) the yard.
- 15 Pace while talking on the phone.
- 16 Schedule "[walking meetings](#)" at work.
- 17 Do pushups or situps during the commercials of your favorite show ...
- 18 ... or start watching that show from your gym's treadmill.
- 19 [Ride your bike](#) to brunch.
- 20 Take your dog to the park.
- 21 Take advantage of the free training session most gyms offer.
- 22 Ignore those moving walkways at the airport, and use your own legs to transport you down the concourse.
- 23 Get new workout gear or running shoes, and then put them to use.
- 24 Ask a fit friend if you can tag along on their workouts.
- 25 Download a motivating [workout playlist.](#)
- 26 Download exercise apps, so you've always got a workout within reach.
- 27 Do calf raises while you brush your teeth.
- 28 Each time you pull a gallon of milk out of the fridge, curl it 10 times.
- 29 Get a fitness tracker and aim for 10,000 steps each day.
- 30 Park in the back of the lot.
- 31 Trade your office chair for a Swiss ball.
- 32 Discreetly clench your abs while waiting in lines.
- 33 Engage in more frequent amorous activities with your partner.
- 34 During the workday, set an alarm that reminds you to stand up and stretch every hour.
- 35 Join a local running club.

- 36 Join your office softball team or start one.
- 37 Set a mileage goal each week, whether it's walking, running or biking.
- 38 Look for free introductory classes at area gyms and studios.
- 39 Go for a hike in a local nature preserve.
- 40 Make your next vacation a fitness retreat.
- 41 Go rock climbing at your local climbing gym.
- 42 Rekindle your childhood love of ice skating or hopscotch.
- 43 Pack resistance bands in your bag when you travel.
- 44 Volunteer to coach your kid's soccer or basketball team.
- 45 Forget the delivery apps and do your own grocery shopping.
- 46 Don't eat lunch at your desk. Leave the office for a walk or a quick gym session.
- 47 Get off the couch and watch TV while performing wall squats.
- 48 Vacuum. A 150-pound person can burn 170 calories during an hour of moderate-effort cleaning.
- 49 Wash your car by hand.
- 50 Take the stairs two at a time.
- 51 While checking emails at your desk, slowly lift your feet off the ground for some core work right in your chair.
- 52 While on a call, put it on speaker and do dips on your chair or the edge of your desk.
- 53 Work outside shoveling snow in the winter or planting flowers in the spring.
- 54 Stay in hotels that offer gyms.
- 55 Sprint to and from the mailbox ... and ignore the strange looks that follow.
- 56 Instead of dinner and a movie, try dinner and dancing.
- 57 Do lunges to and from the kitchen.
- 58 While waiting for water to boil or leftovers to reheat, hold a plank.
- 59 Or do jumping jacks.
- 60 Supplement your sunbathing with a few laps in the pool.
- 61 Take a walking tour of the cities you travel to.
- 62 Perform isometric glute squeezes in your next meeting. While in your chair, contract your glutes for 5 seconds and release. Do sets of 10 until you're tired — or the meeting ends.
- 63 Keep a few supplies, like a jump rope and dumbbells, in your trunk so you're always ready for a workout, no matter where you're going.
- 64 Get a jogging stroller and incorporate your kid(s) into your morning run.
- 65 Schedule active hangouts with your friends like beach volleyball, paintball or tennis.
- 66 Cook more meals at home. It'll keep you on your feet and moving.
- 67 Get off the bus or train one stop early and walk the rest of the way.
- 68 Speed walk while running errands.
- 69 Do bicep curls as you take out the trash.
- 70 Rethink game night and try Wii Fit.
- 71 Remember workout DVDs? Do a workout DVD — or stream one.