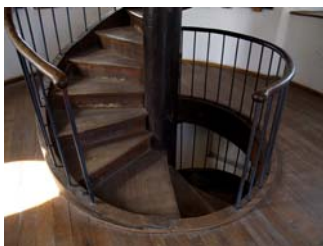


INCIDENTAL EXERCISE

Incidental exercise sounds a bit like accidental exercise – and it is! The trick is to look at your daily activities and then figure out easy ways to turn these into ‘mini-workouts’. This is great for those who are busy and just can’t find the 30 minutes a day to maintain their fitness levels. **REMEMBER THOUGH:** It’s important that if you are trying to lose weight and improve fitness, you will need to do more than just incidental exercise.



Examples of incidental exercise:

- Take the stairs – walk past the elevators and escalators and take the stairs –great for getting the heart rate up and toning bums and legs!
- Get off the bus one stop earlier and walk the rest of the way
- Hide the remote controls – getting off the couch and walking over to the T.V is a great workout for your muscles.
- Get a dog – having a pet that requires regular exercise is a great incentive for you to get out and walk.
- Park the car a little bit further away from the shopping centre entrance and walk.
- Carry the shopping to the car – leave the trolley at the entrance and give your arms a great workout.
- Deliver the message in person – it’s so easy nowadays to send an email to your colleague in the next room or down the hall, but getting up and delivering the message in person is another few minutes of incidental exercise – and if there are stairs involved ... bonus!
- Play with the kids, or if you don’t have kids – offer to baby sit for your friends. They may think you have gone a bit crazy but they’ll appreciate it, the kids will have a great time and you’ll get a workout in!
- Do some housework – gardening, cleaning the windows, vacuuming and hanging up the washing and are all great activities to elevate your heart rate and give your arms a workout too!
- When talking on the phone, stand up. If it’s a cordless phone, walk around. Not only will you be exercising but you’ll also sound more alert.

