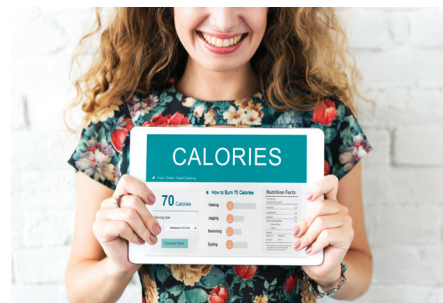




When you're not exercising, you can still burn extra calories! Use little ways to get more fit every day.

Burn calories without trying



Move whenever you can. Walk in place instead of standing still.

DON'T MAKE THINGS CONVENIENT.

Take the stairs instead of the elevator. Park farther away from your destination and walk. Use your bike instead of a car for quick grocery store runs. Put your favorite snack foods in the basement, rather than on the main floor near the TV.

GET UP.

Take a short break every hour if you sit at a desk. Get up, move your arms and legs or even do a few jumping jacks. Use a hands-free headset so you can get up and walk or lift weights while you're on the phone. Have a meeting? See if you can stand during part of it or even have a walking meeting.

SNEAKY EXERCISES.

Do some isometric exercises if you sit a lot. Try squeezing your glute muscles and knees together for eight counts, holding for five seconds then release. Do this every couple of hours.