

## Ten Fun Ways to Upgrade Activity Levels

Do you travel for business or pleasure? Find it hard to locate a gym? Hate those cramped hotel fitness centers? Fortunately, it's easy to fit fitness in - anytime, anywhere. All you need is a little creativity and a commitment to daily physical activity. Just imagine the benefits - less stress during the day, improved sleep at night, more energy for everything and a healthier future. There is no better way to invest your time!

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- 1. Put activity at the top of your to-do list:** No one has enough time for everything. Make fitness a priority and you'll have more energy for everything else.
- 2. Plan activity in your schedule:** Put fitness on your calendar. It's just as important as (or more important than) those lunches, dinners, meetings and phone calls.
- 3. Wear (or carry) comfortable shoes:** With the right shoes, you can take advantage of every opportunity to be more active like walking up the stairs.
- 4. Walk to your appointments:** Using your legs for transportation is one of the easiest ways to fit fitness into every day. Park in a central location and walk back and forth.
- 5. Wait by walking rather than sitting:** We do lots of waiting and sitting. Instead of sitting, walk around the building, the block or the airport.
- 6. Stand up and stretch:** Stretching is an important part of fitness (along with aerobics, balance and strength training). It's as easy as standing and reaching for the sky.
- 7. Break up your day with fitness:** Ten minutes is all it takes! Just three 10-minute fitness breaks - for a total of 30 minutes per day - can provide big health benefits.
- 8. Sit and be fit:** Do you spend hours sitting at a desk, sitting in the car or sitting on a plane? No sweat! Strengthen your abs by tightening them against the chair back.
- 9. Fidget and squirm:** Research actually shows that fidgeting burns calories. So, get in the habit of wiggling, squirming and moving around wherever you are.
- 10. Explore the neighborhood:** When you are in someplace new, walk or bike around the area (check safety first). You can get your bearings and get fit at the same time.

