

# 5 Easy Ways to Add Movement to Your Day



Life is busy, and sometimes getting to the gym can be difficult. With these 5 easy exercise tips, you can still stay active on a busy day and leave yourself feeling recharged.

## 1. Take a Stretch Break

Science shows that stretching releases emotional tension and increases blood flow, helping you refocus on the project at hand and increase productivity.



## 2. Have a Dance Party

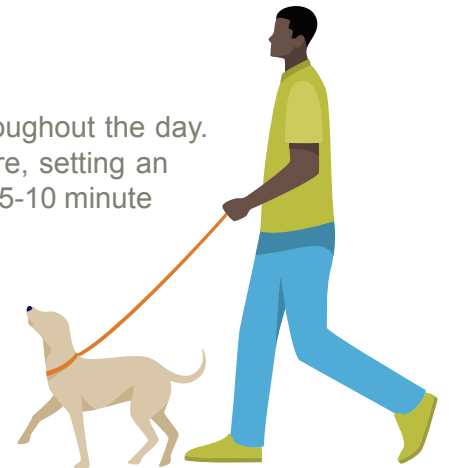
Grab your family, co-workers, friends, or throw one yourself! Pick 3-5 songs you or others enjoy and move to the beat. Not only are you moving your body, but you are also giving your mind a much needed break!

## 3. Lose the Shopping Cart

Whether you are by yourself or have others with you at the store, leave the shopping cart behind. Grab reusable bags and carry items instead of pushing them.

## 4. Take a Walk

Improve sleeping habits and improve your mood by adding in extra steps throughout the day. It's as simple as taking the stairs when you can, parking farther from the store, setting an alarm on your phone to remind you it's time to move. Studies show that simple 5-10 minute bouts of exercise are beneficial and add up!



## 5. Play

Although this word is usually associated with children, to “play” is simply engaging in an activity of enjoyment and recreation. Doing something that brings you joy can help relieve stress and recharge your body and mind. Find the child in you. Get out, explore and be curious.