



6 simple ways to sneak physical activity into your daily life

Sneak It In is all about sneaking in small bouts of physical activity whenever, wherever and however works best for you.

While everyone's life situation is different, making room in your busy schedule for short movement breaks will help you be your best self by improving your mood, energy, creativity, focus, productivity and more!

Here are six simple tips to help you Sneak It In:



1 Make your everyday actions active actions:

Find opportunities to get active while working, studying, volunteering, engaging in self-care activities, doing chores and errands, and/or waiting. Take meetings and calls on the move, do a few squats while brushing your teeth, take a short dance break while unloading the dishwasher, stretch on the spot while waiting in line or for the elevator, and/or lunge to and from your vehicle.



2 Use active transportation:

If you're able, walk, wheel or cycle to and from work, school, appointments, and/or shops, even if it's just for part of the way. Taking public transit? Get off a stop or two earlier or take the stairs instead of escalators at stations. Driving? Park farther away from your destination. Working from home? Go on a walk or wheel before and after work to simulate a commute.



3 Exercise to energize:

View physical activity less as a chore and more as a way to boost your energy. Sometimes we don't move because we're tired, but research shows that getting active can be just what we need to energize!



4 Set movement break reminders on your phone, computer or tablet:

Treat your active breaks like meetings, appointments and other obligations by planning them and blocking the time in your calendar so you'll be more likely to stick with them.



5 Keep exercise equipment handy:

Make small fitness equipment like resistance bands, dumbbells or a jump rope accessible for quick workouts, or simply store a pair of running shoes under your desk or in your personal vehicle.



6 Have active playtime:

Play interactive games with your family that require physical movement. Playing tag or hopscotch with your kids or playing fetch with your pet could be active for all of you!



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