

Real-Life Movement

7 TIPS FOR INCLUDING MOVEMENT IN THE WAY YOU LIVE

1

Take an extra lap.

Once you've got the grocery cart fully loaded, take a final victory lap around the perimeter of the store pushing its weight at a brisk pace.

2

Stretch it out.

Feeling bored or sleepy in the middle of the day? Rather than reach for a snack, try a few stretches. Start with your neck and shoulders and work your way down to your toes.

3

Choose the detour.

Walk one block farther with the dog than you're used to. Walk past your work station and circle back. Bypass the elevators and find the stairs.



4

Make movement work for you.

Housework is movement. Set a timer for 20 minutes and declutter at a lively pace. Then you can enjoy the double sense of accomplishment.

5

Learn what 10 minutes feels like.

Keeping your heart rate up for just 10 minutes a day can make a difference in your fitness and in your mood and energy. Find an activity you enjoy, set the timer, and go.

6

Celebrate life.

Crank up the music, grab family members or friends, and instigate an impromptu dance party. Keep those arms and legs moving as you twist and bob.

7

Turn on the generosity.

A commitment to movement doesn't have to come at the expense of your impulse for kindness. Help a neighbor out with yard work, moving furniture, or cleaning out the garage and accomplish both goals—along with building a valuable relationship.

Visit *Church Health Reader* for more healthy flyers: chreader.org

ILLUSTRATION BY TERRI SCOTT.