

Simple Ways to Be More Active

Sneaking In Activity

If you're just starting out or want to get back into the habit of being physically active, try sneaking in more steps this week. Here are a few ways you can begin:

Do you drive to run errands?

- ▶ Park in the farthest spot of the parking lot or walk around the mall!

Do you drive to work?

- ▶ Walk during your breaks!

Do you sit at work?

- ▶ Set a timer to stretch, stand, or walk in place at your desk every 30 minutes! Also try using a standing desk or desktop station that allows you to stand.

Sofacise!

Watching your favorite show? Get moving while you watch! Try these quick and easy "sofacise" moves right from your couch.

Squats



- Stand with your feet facing forward, shoulder-width apart. Align the insides of your feet with the outside of your shoulders.
- Place your arms straight above your head or your hands gently behind your ears.
- Align your head with your shoulders and look straight ahead.
- Slowly bend your knees as comfortably as you can while keeping the heels of your feet on the floor. Push your hips back as if sitting on a sofa.
- Take 2 to 3 seconds on the way down.
- Return to starting position.

Too hard? Don't go all the way down.

Too easy? Hold a weight at your chest.

Press-Ups



- Begin with your hands on the couch at chest level, placed slightly outside the shoulders. Keep feet hip-width apart or wider for more stability.
- Keep your back straight with a natural curve. Don't stick up your hips or let them sag.
- Look straight ahead, keeping your shoulders away from your ears.
- As you breathe in, bend at the elbows, lowering your body as one unit, keeping your starting position.
- Breathe out as you push back up to the starting position.

Too hard? Use the wall. **Too easy?** Use the floor.

Air Bike Crunches



- Sit on the edge of the couch.
- Grip the front of the cushions with your hands. Be sure to have a firm grip.
- Lean back slightly while extending your legs. The heels of your feet should be at least 6 inches off the floor.
- Bring your knees to your chest, 1 or 2 at a time, like you're riding a bike.

Sofa Climbers



- Facing the couch, get into a push-up position with your hands on the sofa.
- Bring one knee to your hands and then jump to switch knees.

Too hard? (Or if you have knee issues) Walk one knee at a time.
Too easy? Come down on your forearms.

Triceps Dips



- Facing away from the couch, place your hands shoulder-width apart on the edge of the couch. Your palms should face down with your fingers facing forward.
- With your legs at a 90-degree angle and your arms straight, lower your body toward the floor by bending your elbows. Stop when your elbows reach a 90-degree angle.
- Push your palms into the couch to return to the starting position.

Knee to Elbow



- Sit at the edge of the couch and place your hands behind your head. Be sure to touch your head very lightly to avoid neck strain.
- Your feet should be firmly planted on the floor with your legs at a 90-degree angle.
- With elbows pointed outward, hold this starting position. Twist your upper body in one direction, bringing the opposite knee to the opposite elbow while keeping the other leg at a 90-degree angle.
- Hold this position and then return to the starting position.
- Repeat in the opposite direction, and twist your body with each rep.

Leg Swings



- Sit at the edge of the couch. Hold on with both hands for extra support.
- With one leg bent and the foot on the floor, extend the opposite leg out straight until level with your fingertips.
- Lower the leg and do the same movement with the other leg.

Punches



- Sit up in a relaxed position with your back straight.
- Hold your hands in a closed fist in front of your chest.
- Brace your core and exhale slowly.
- Throw the desired amount of left and right eye-level punches.
- Inhale and begin again at the starting position.

Too easy? Try holding a 1- to 2-pound dumbbell in each hand.

Scissors

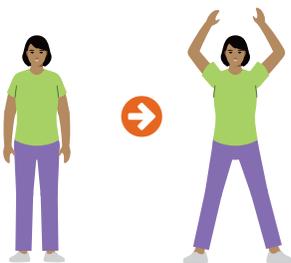


- Sit at the edge of the couch with your back straight.
- Hold your legs out in front of you.
- Cross your legs back and forth, doing as many scissor motions as you can.
- Continue to move for 20 to 30 seconds, and then return to the starting position.

The 7-Minute Workout

Try working all parts of your body with the 7-minute workout! You only need your body weight, a chair, a step, and a wall. Do the exercises one after the other, allowing **30 seconds for each one** with **10 seconds of rest** in between (choose the **low-impact version** if best for you).

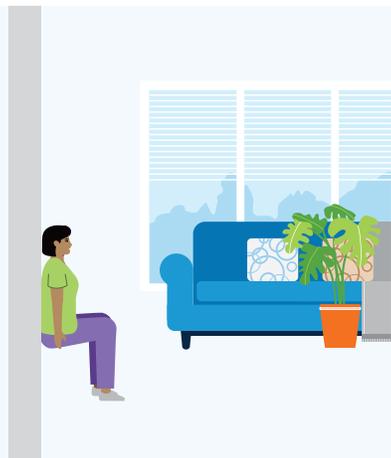
1. Jumping Jacks



- Stand up straight with your arms to your sides.
- Slightly bend your knees and jump into the air, spreading your legs shoulder-width apart. At the same time, stretch your arms above your head.
- Jump back to the starting position.
- Repeat for 30 seconds.

Low-impact version: Instead of jumping out, step out, or try jumping jacks in a seated position.

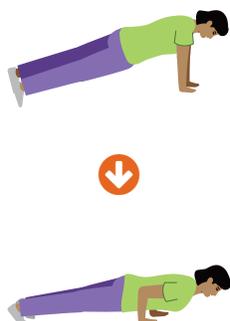
2. Wall Sit



- Stand at least 2 feet away from a wall with your feet firmly on the floor shoulder-width apart.
- With your back against the wall, slowly begin to slide down while keeping your core engaged.
- Bend your knees until they are at a 90-degree angle. It should look as if someone could sit on your lap.
- Hold for 30 seconds.

Low-impact version: Hold the position without lowering all the way down, or bend your knees just enough to feel resistance.

3. Push-Up



- Get on the floor on all fours.
- Place your hands slightly wider than your shoulders.
- Straighten out your arms and legs, balancing on your hands and feet.
- Slowly lower your body until your chest almost touches the floor.
- Pause for a second and then push yourself back up.
- Repeat for 30 seconds.

Low-impact version: Try doing push-ups on your knees, off a wall, or off a high countertop.

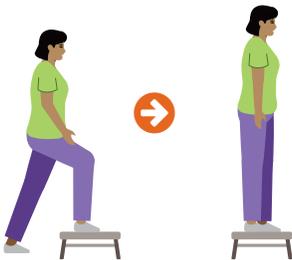
4. Abdominal Crunch



- Lie on your back and slightly bend your knees. Place your feet firmly on the floor hip-width apart.
- Fold your arms across your chest and tighten your abdominal muscles.
- Slowly raise your head and shoulders off the floor, keeping your chin to your chest.
- Hold this position for 3 deep breaths, and then slowly return to your starting position.
- Repeat for 30 seconds.

Low-impact version: Try doing crunches in a standing or seated position.

5. Step Up onto a Curb or Step



- Stand with your back straight in front of a small step or curb.
- Push through one foot and lift your body up onto the step or curb.
- Lowering yourself in a slow and controlled motion, step back to the starting position and switch feet.
- Alternate which foot you lead with every time you step up.
- Repeat for 30 seconds.

Low-impact version: Try doing standing knee bends to work the hamstrings.

6. Squats



- Stand with your feet facing forward, shoulder-width apart. Align the insides of your feet with the outside of your shoulders.
- Place your arms straight above your head or place your hands gently behind your ears.
- Align your head with your shoulders and look straight ahead.
- Slowly bend your knees as comfortably as you can while keeping the heels of your feet on the floor. Push your hips back as if sitting on a sofa.
- Return to the starting position.
- Repeat for 30 seconds.

Low-impact version: Try standing up and sitting down on a chair, using armrests if needed.

7. Triceps Dips on Chair



- Facing away from a sturdy chair, place your hands shoulder-width apart on the edge of the seat. Your palms should face down with your fingers facing forward.
- With your legs at a 90-degree angle and your arms straight, lower your body toward the floor by bending your elbows. Stop when your elbows reach a 90-degree angle.
- Push your palms into the chair to return to the starting position.
- Repeat for 30 seconds.

Low-impact version: Try working the triceps in a different angle, such as overhead (with or without weights).

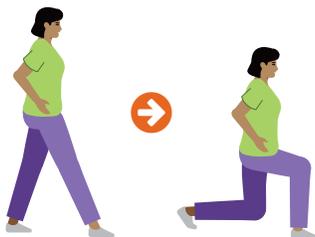
8. Plank



- Start in a push-up position, and then slowly shift your weight to your forearms.
- Keep your body in a straight line from head to toe.
- Hold this position for 30 seconds.

Low-impact version: Try a plank on your knees or try adjusting the angle to change intensity. You can also do this exercise with your arms on a raised surface like a coffee table, couch, or kitchen counter.

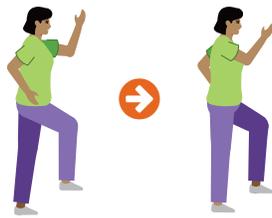
9. Lunge



- With your body straight, stand in a split position, one foot stepped out in front of the other. Your shoulders should be down, and core engaged.
- Rest your hands on your hips.
- Slowly bend your knees and lower your body until the back knee almost touches the floor. Keep your front thigh parallel to the ground.
- Slowly push back up to the starting position. Avoid rocking back and forth. Focus on moving straight up and down.
- Keep your weight in the heel of the front foot.
- Repeat for 30 seconds, switching to the opposite foot in front halfway through.

Low-impact version: Hold onto a sturdy chair, table, or countertop while doing a lunge.

10. High Knees Running in Place



- Stand straight with your feet shoulder-width apart.
- Bring your knees to waist level as if you are jogging without moving forward.
- Gently land on the balls of your feet.
- Repeat for 30 seconds.

Low-impact version: Try stepping in place instead of running.

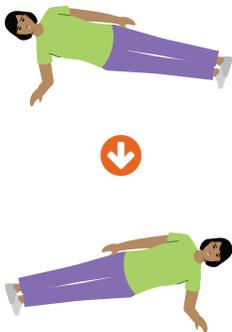
11. Push-Up and Rotation



- Begin in a plank position.
- Do 1 push-up. At the top of the push-up, shift your weight to one side, rotating your body and raising the opposite arm.
- Return to the plank position.
- Repeat on the other side.
- Repeat, alternating sides, for 30 seconds.

Low-impact version: Try this move on your knees, or by placing your arms on a raised surface like a coffee table, couch, or kitchen counter.

12. Side Plank



- Start by lying on your side.
- Prop your upper body onto your elbow with forearm flat on the floor.
- Raise your hips off the floor and hold this pose for 6 seconds.
- Lower your body back down to the floor.
- Repeat for 30 seconds, switching sides halfway through.

Low-impact version: Try this move on your knees, or by placing your arms on a raised surface like a coffee table, couch, or kitchen counter.