

Exercise On-the-go

Illustrations and article
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We live in an age that not only encourages multi-tasking, but requires it. We've evolved to pairing a variety of tasks together to fit all of our obligations into the brief 24-hour period that is our day. However, there are some tasks that have been cast aside as casualties in this war of time management, one of them being exercise.

Well, until scientists invent the pocket treadmill, follow these tips to fuse your everyday activities with simple exercises that will eliminate the feeling of sloth while not pulling you away from your daily tasks.



Grocery store shopping:

Instead of thinking of grocery shopping as getting in the way of your workout, think of it as taking your workout in a different direction. While reaching for objects off higher shelves, give your muscles some yoga treatment by stretching for them. Tighten your gluts while waiting in line to tone and shape your rear.

Even walking at a moderate pace can burn up to 85 calories in a half-hour. Keep your head straight and walk with your shoulders back to maintain good posture, working more muscles in your body. Use a basket instead of a cart and make more trips to the grocery store.

When carrying your grocery bags out of the store, bend your arms and place the handles at the elbows to increase resistance and build strength in your arms.

In your kitchen:

Throughout the day, make a goal to do 10 push-ups off the counter every time you do something regularly like throwing something away, preparing a meal, or answering the phone. Place your hands on the counter while keeping your back and neck in a straight line. While keeping your abs tight, slowly bring your chest to the counter, hold for a couple seconds, and then push back up. You don't need to do a Rocky Balboa amount. Ten is perfect and flexible with your busy schedule.

Microwave:

Get Lance Armstrong calves while waiting for the microwave. Stand with your feet together and lift yourself up and down with your toes. You'll feel the burn. Repeat 30 times and walk away with mindboggling calf muscles. You can also use microwave cooking time to partake in vigorous jumping jacks. Not only will you feel better about reheating those delicious mac-and-cheese leftovers that you've been craving, but you'll get a full body muscle workout!

Cleaning twist:

After you have finished mopping your hard surface floors, throw on some upbeat music because this chore is about to become a dance session. Stand with a dry



towel under your feet and use your hips to twist around the room while, at the same time, drying your floors. The action of twisting will work your obliques and hips helping make your stomach as flat as that clean floor.

Sitting crunches:

You can do these in the car, while watching TV, or even at your desk, class, or a theatre. All you need is a chair and good posture. While sitting up straight, squeeze your abdominal muscles as if you are trying to bring your ribs and stomach together. Release by returning to your seated position.

Emptying the dishwasher or doing laundry:

As you reach down for a dish or an article of clothing, go against the temptation to bend down with your back and lower yourself with your legs instead. Squats strengthen your thighs, hips, buttocks, and hamstrings. Keep your stomach tight to work your abs at the same time.

On the phone:

Walk around or high march in place while talking on the phone. A long conversation can turn into your exercise for the day if you keep moving.

In front of the television:

Use commercial time as a stopwatch. Instead of fast-forwarding through the advertisements, use that time to do jumping jacks, sit-ups, or run in place. After raising your heart rate, you can return to watching your favorite show and work off an extra 32 calories just by sitting/resting for a 30-minute period.

In the car:

While not all of us can have the "Over the Top" arm bowflex in our vehicles, we can manage some simple techniques that will keep us feeling active. The safest and most convenient involves the squeeze and release or isometric contractions. Whether it is your biceps,

abdominals, tush, thighs, or calves, squeeze the muscles and hold for 10 seconds before releasing. Do it repeatedly on your drive to get a work out without having to hit the showers afterwards.

At the desk:

Fit fitness into your office schedule. Assuming your chair has arms, sit with your hands on the armrests. Lift yourself a few inches above the seat, keeping your abdominal muscles tight and your head straight. Use your legs only to stabilize and let your arms and core do the work. Hold 10-20 seconds and lower yourself down. For more resistance, sit cross-legged on your seat and lift yourself up using only your arms.



Triceps at the desk:

With your back towards your desk, place your palms on the edge on either side of you. With your feet about 10 inches apart, bend your elbows to dip down to where they are bent at 90 degrees then slowly lift up. This move will work your triceps and legs, while never leaving your post at the office. Repeat 20 times and mark strength training off your to-do list for the day.

Trade the crunch for a plank:

The "Plank" is a simple, one-step, move that works your obliques and core. Hold the "up" position of a push-up while keeping your back flat (a straight back is the key to flat abs). Keep your wrists in line with your shoulders and elongate your neck, leaving about 6 inches between your neck and your chest. Hold for 30 seconds and then rest.

These are just some simple tips that we are all capable of, but the key to exercise during pressed time is simply adding extra movement in your everyday life. You can easily do this by parking further away from the store and walking to the entrance or taking the stairs instead of the elevator (two at a time for a more intense workout). Instead of

living in an "all-or-nothing" mindset when it comes to your workout, live in an attitude where "nothing" is bad and "something" is good. Exercise is like a donation fund: every little bit helps. Don't give in to sloth just because you weren't able to complete a brutal military boot camp before work. Every opportunity for extra movement is an advantage to your activity.

Got 10 minutes? Doing what you do everyday creates calorie burn:

Stretching- 40 calories
Treading water- 100 calories
Bicycling 12-14 mph- 89 calories
Jogging- 72 calories
Running 5 mph- 86 calories
Running 6 mph- 103 calories
Running 7 mph- 117 calories
Running 8 mph- 138 calories
Driving- 22 calories
Cooking- 27 calories
Putting away groceries- 27 calories
Housework- 30 calories
Bowling- 31 calories
Frisbee playing- 31 calories

Carrying an infant- 38 calories
Stretching- 40 calories
Walking 3 mph- 45 calories
Walking 4 mph- 53 calories
Car washing- 46 calories
Mopping- 46 calories
Shooting baskets- 46 calories
House painting- 51 calories
Cleaning gutters- 54 calories
Hiking- 61 calories
Moderate swimming- 62 calories
Vigorous jumping jacks- 82 calories
Hopscotch- 54 calories

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