



HOW TO INCREASE YOUR DAILY ACTIVITY AT HOME

1. Use your lunch break to get away from your desk. Invest in some 'you-time' by taking a walk or joining an online exercise class.
2. Turn your 'waiting time' into 'moving time' and do some exercises such as calf raises, squats or lunges while you wait for the kettle to boil.
3. Set a timer every hour to do 2-5 minutes of moving and stretching.
4. If you struggle to exercise for longer periods of time, split your exercise into smaller more manageable 5-10 minute chunks throughout the day .
5. Video call your friends and try a workout video together! You may not be able to be with them physically, but can still have fun being active together!
6. Always plan ahead-if you know it's going to be a busier day, plan to do something relaxing like yoga or a walk rather than a 10k run.
7. If you have a desk or workstation, make it a habit to stand every time you use the phone. Try marching on the spot or walk around the house to increase your activity even more.
8. Try and build a routine and stick to it- it will soon become habit and something you find easy to keep up.