

10 Changes To Get More Exercise Every Day



Do squats or lunges at your workstation and work your entire lower body



Swap out your chair for an exercise ball



Use the stairs instead of the elevator



Park farther from the entrance to add some extra steps



Add some incline to your flat treadmill workout to burn extra calories



Try planks instead of crunches for a more complete core workout



Choose pushups instead of bicep curls - you'll work more muscle groups in the same amount of time



Break up your cardio with an interval workout



Take a walk at lunch rather than sitting the whole time



Try something new - take a different group exercise class with a friend

