



Incidental Exercise

- ✓ Use stairs instead of lifts and escalators, wherever possible.
- ✓ Walk whenever possible.
- ✓ Park your car in the furthest spot in the car park at the shopping centre/supermarket.
- ✓ When you wake up in the morning, every time you go to the bathroom, and when you get home, do 20 squats and 10-15 push-ups (against a sink etc). This takes less than a minute to do and adds up if you do it a few times a day!
- ✓ If you're sitting watching tv, try to hold a plank position for as long as you can during the ad breaks. These are usually around 3-3.5 minutes, so you can start to practice plank combinations as you progress and see if you can get through a whole ad break in one go.
- ✓ Go to the park and play on the swings. They're a great workout for your abs and arms! ☺

Remember

- ✓ When using weights, always keep your neck relaxed and in a neutral position, shoulders back, nice tall posture (straight back) and remember to breathe evenly.
- ✓ Do not stick your chin forward, or up.
- ✓ Keep your shoulders relaxed, too.
- ✓ There should be no tension in your neck or shoulders with any of these exercises - use your abs, not your neck and shoulders.
- ✓ Always warm up first with some kind of light cardio work - jog on the spot, star jumps, boxing punches, skipping etc, for a few minutes. Get your muscles warm and your blood flowing.
- ✓ There are low impact versions of all cardio exercises. If you feel pain in your joints, step out the movement, rather than jumping.
- ✓ If you need music, use it!

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