10 Changes To Get More Exercise Every Day

- Do squats or lunges at your workstation and work your entire lower body
- Try planks instead of crunches for a more complete core workout
- Swap out your chair for an exercise ball
- Choose pushups instead of bicep curls – you’ll work more muscle groups in the same amount of time
- Use the stairs instead of the elevator
- Break up your cardio with an interval workout
- Park farther from the entrance to add some extra steps
- Take a walk at lunch rather than sitting the whole time
- Add some incline to your flat treadmill workout to burn extra calories
- Try something new – take a different group exercise class with a friend