

# Sneak it in.

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Sneaking a little physical activity into your workday isn't difficult. Think about it: 10 minutes a day, Monday to Friday, adds up to an extra 50 minutes of physical activity each week! According to the Canadian Physical Activity Guidelines, adults need 150 minutes of heart-pumping physical activity per week. However, there is no rule stating that you need to do it all at once! Research shows that even tiny bouts of physical activity can greatly increase your fitness level.

## Here are some activities that you can sneak into your work day:

- Climb up and down the stairs in C Building or the Library for 10 minutes.
- Do walking lunges across the lawn between the Library and A Building.
- Sign out a croquet set from the Gym and play a game during lunch.
- Walk or jog one lap of the golf course (2.7 km).
- Start a lunchtime walking club.
- Park 10 minutes away from your office.
- Hop off public transit a few stops sooner.
- Have a "walking meeting." Rather than sitting at your desk or going for a coffee, go for a walk with a colleague or have a phone conversation while walking.
- Clip on a pedometer to track your steps (aim for 10,000 a day).
- While watching TV at home, do jumping jacks, sit ups, or stretches during commercial breaks. A typical commercial is 3 minutes; that can add up to a whole lot of exercise!
- Turn off the TV and turn up the music. Dance in the living room – kids especially love dancing with their parents!
- House chores count as exercise: garden, wash the car, mow the lawn, rake leaves, or vacuum.
- Go for a family walk after dinner. Want the kids to join you? Walk to a convenience store that is 10-20 minutes away and treat your kids with a reward at the store.
- Ride a stationary bike while watching TV.
- Ditch the "dinner and a movie" date night and do something active: Take a dance class. Go for a hike in North Van. Walk around the Vancouver Art Gallery (admission on Tuesdays after 5pm is by donation). Head to False Creek and rent a paddleboard, canoe, or kayak.

**Be creative – any form of movement is better than none!**