

10 Tips to integrate Physical Activity into your Lifestyle

Increasing your physical activity levels can have a monumental effect on your overall health and wellbeing. However, it can feel like a daunting and complicated task. It does not have to be. Just by increasing your physical activity levels by a small bit will have a positive effect on your health.

Below are some tips on how to integrate more physical activity into your busy life. Try one or two of the tips below, once they have become a part of your daily routine, add a few more.



Tip 1 – Drink Plenty of Water

Sipping water regularly throughout the day, will ensure that you get up and walk to the bathroom. To ensure you get the most out this quick break, use this time to walk to the bathroom at the opposite end of the building. If you have trouble remembering to drink water, set a reminder on your computer/phone or you can use a device similar to the [Ulla Hydration Reminder](#).

Tip 2 – Take the stairs

If you have to go up/down a level or two at work, home or in the community, opt to take the stairs instead of the lift or escalator. If you need to go up/down more than three Flights of stairs, consider taking the stairs for part of the way before using the lift or elevator

Tip 3 – Park your car further away from the front door

Parking your car at the edge of the parking bay at work or at the shops is a great way to ensure you walk a little bit further during the day. This will only add a few more seconds to your trip but can be used quite effectively. It will also decrease the risk of someone scratching your car!



Tip 4 – Take a walking break at Lunch

Taking a quick 5-10 minute walk at lunch time is a great way to gain the benefits of physical activity and help you make it through the afternoon slump. Physical activity can easily be broken up during the day and lunch time is a perfect time to get out and have a break (and you do not need to get changed!).

Tip 5 – Volunteer for the coffee run

Walk to the café to get a coffee instead of letting someone else pick one up for you. Or better yet, take a few people with you. This is a quick and easy way to relax, socialise and increase your physical activity levels for the day.

Tip 6 – Have walking meetings

For small meetings or one-on-ones, a walking meeting is a great way to get things done while getting some physical activity. The change of pace and scenery can also encourage creativity, free flowing conversation and improved mood.



Tip 7 – Put your workout gear and shoes in the car

By putting your clothes and shoes in the car, you are making a conscious decision to exercise sometime during the day. Sometimes, we have the intention to go for a walk or go to the gym after work, but by the time you get home, motivation can be hard to come by. By packing your exercise gear with you, you do not have to go home and get changed and go back out again. It is quite easy and time efficient to walk around a campus or go to the gym on your way home.

Tip 8 – When watching children play sport, walk and watch rather than sit and watch

Weeknights and weekends can sometimes be quite busy with taking children to their chosen sport. Taking a walk around the grounds while your child trains or plays is a great way to increase your physical activity without taking any more time out of your schedule. You could even start a walking group with the other parents!



Tip 9 – Complete exercises while waiting for technology

How often do you find yourself waiting for the printer, microwave or computer to load, even if it is just for a few seconds? Instead of aimlessly staring at your food going round and round in the microwave, do a few squats, lunges, bench push ups or a quick walk around the office! While watching TV, you can apply the same principle for those pesky ad/commercial breaks.



Tip 10 – Use an Activity Tracker or Pedometer

An activity tracker is the perfect way to visualise and understand how much physical activity you do in a day. It is a good reminder and sets a visual goal for you to work towards each day. You may be surprised by how little or how many steps you actually do during a day! This might just provide that extra motivation you need to get moving.