The Fitness Corner

Facilitating Your Fitness Journey

August 2007 Volume 2, Issue 3

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5 Ways to Exercise without Exercising

According to the American College of Sports Medicine (ACSM), only 1 out of every 4 Americans gets the recommend amount of exercise on a weekly basis (about 30 minutes of moderate physical activity on most days). 25% of us never exercise at all. This has significant consequences for our health since there is a direct link between a sedentary lifestyle, obesity and diseases such as hypertension, Type 2 diabetes, and coronary artery disease. One reason for this lack of activity is that many people feel they don't have the time for a formal exercise program. Another reason is that some people simply don't like to exercise. Fortunately, there is good news. You do not need to join a gym or start a formal exercise program to reap the health benefits of physical activity. In fact, there are five activities you can do during the course of a typical day that will provide you with at least 30 minutes of moderate exercise. I call this '*exercise without exercising*'.

1. **Do work around the house and yard on a regular basis**. Increase your daily level of activity by mowing the lawn, raking leaves, gardening, sweeping, mopping, dusting or doing laundry. You might be surprised at the number of calories you will burn. For example, one hour spent mowing the lawn will burn approximately 400 calories in a 150 pound person. Likewise, raking leaves for 60 minutes will burn about 300 calories while vacuuming the carpet will burn approximately 240 calories.

2. **Park your car far from your destination on a regular basis**. Have you ever spent 20 minutes driving around looking for a close-up parking spot? Almost all of us have, and many of us continue to do so on a daily basis. A better idea is to get in the habit of parking far from your destination and walking the extra distance. For example, park far away from your entrance at work, at the mall and when you go food shopping. This will allow you to get exercise during your normal daily activities.

3. **Ride a bike instead of driving your car**. Because of rising gas prices, increased traffic and the other costs of

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operating a motor vehicle, more and more people are choosing to ride their bicycles to work and school. Keep in mind that this takes some advanced planning. Among other things, you must identify a safe route to ride, collect the gear you will need, and determine how long it will take so you can reach your destination in a timely fashion. But the tremendous increase in your cardiovascular fitness will be well worth the time you invest.

4. **Identify opportunities to walk**. Try to walk about 30 minutes everyday. Walking is a great aerobic exercise, especially if you haven't been exercising for awhile. You don't have to go for a 30-minute walk. Three 10-minute walks at various times during the day will work just as well. For example, instead of taking the elevator, walk up the stairs. Instead of driving somewhere for lunch, walk to a nearby restaurant. Instead of going to the movies (or sitting at home on the couch), visit the zoo or a local museum of interest.

5. **Buy a pedometer**. This inexpensive device clips on your belt and counts the number of steps you take during the day. A pedometer allows you to accurately determine the number of miles you walk. However, the real value of a pedometer lies in its 'motivational effect'. Knowing how many miles you are walking can serve as a great motivation to increase your daily walking distance.

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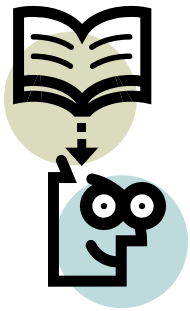
TIPS Booklets

It is with great pleasure that I announce the availability of my TIPS booklets! Using a concise, easily scannable format, these affordable 20-page guides offer detailed tips, tools and techniques you can use to immediately improve your performance in a variety of areas. The following booklets are currently available:

- **50 Ways to Lose Weight Without Dieting.**
- **50 Tips for Improving Communication in Culturally Diverse Settings.**
- **50 Ways to Reduce Bias and Create a Climate for Diversity.**
- **50 Tips for Managing and Resolving Conflict**

To learn more about the content of each booklet or to place an order, please visit **www.holmesfitness.com**.