



22 Ways to Move on a Budget

Looking for ways to move at home, at work, or on the go? Inside or outside? The choice is yours. Check out these 22 (and more) ways to get your MOVE on with Eat Move Groove.

Moving at Home:

- Do a short stair climbing session using all of the stairs in your home.
- Practice functional fitness using a stable chair and do multiple sets of standing up and sitting down. Add leg raises, biceps and triceps curls while seated for a short strength session.
- Take a stretch break. Try some slow neck rolls, arm swings, side bends, easy hamstring stretches, and calf and quadriceps stretches.
- Walk around while you're on the phone.
- March around the house at every commercial break while watching television.

Moving at Work:

- Set an alarm for every hour. Every time the alarm sounds, get up and walk around the area or march in place for a few minutes.
- Bring a pair of light dumbbells to work. Several times per day do two sets of 8-10 repetitions of two or three different muscle groups.
- Plan a walk as part of your lunch break.
- Use a standing desk. Balance on one foot, then the other while working. If you do yoga, add in warrior 1, 2 and 3 while you are standing and working.
- For restroom breaks, walk to the farthest restroom on your floor. Maybe even go up the stairs to a different floor and walk across the floor and down a new set of stairs.



Moving Outside:

- Take a walk around the block for some fresh air and intentional movement.
- Put your toddler in the stroller and head to the playground for some fun.
- Grab your yoga mat and do some easy stretches on your patio, deck, or lawn while you soak up some sun.
- Leash up your dog and enjoy a walk or run with your furry family member.
- Meet a neighbor or friend for a walk at a nearby park.
- Play some pickup basketball on your driveway or at the neighborhood park.
- Join a pickleball game at the tennis/pickleball courts.
- Close to a beach? Walk or jog on the hard packed sand. Do some pullups or core work at the outdoor gym stations.
- Get on your bike and ride!

Moving on the Go:

- Use your hotel's fitness facility to do a treadmill walk or a bike session. Add some light free weight exercises if you have time.
- When you are at the airport early, walk down the concourse multiple times before queuing up to board your plane.
- If you have resistance bands, bring them with you! Do a light band routine right in your room.

Check out these FREE online resources and find options that work for you!

1. Juice & Toya
2. Yoga with Adrienne
3. Team Body Project
4. Evolve Functional Fitness
5. YMCA At Home