

36 WAYS TO MOVE ALL DAY

#STEPREPPRAY

Looking for fun, easy ways to add more movement to your day? This creative list offers quick ideas to shake off the blues and put a little shimmer in your step—no gym required!

It's a great reminder that movement can happen anywhere, anytime. So, stretch, skip, dance, and discover new ways to move your body —all day long! (Listen to your body and move at the *pace of grace*.)

1. **Fidgeting** can burn up to 350 calories a day, so fidget away!
2. **March in place** or do a wall sit while brushing your teeth.
3. **Walk through all the rooms** in your house several times a day.
4. **Do calf raises** while talking on the phone or waiting for your coffee to brew.
5. **Dance or sway** to your favorite music.
6. **Do a step challenge.** Increase it by 10-20 steps daily and see what's possible!
7. **Singing counts as movement,** and adding jazz hands or dance steps is even better.
8. **Gardening** engages multiple muscle groups and is a good form of cardio!
9. **Balance on one leg,** then switch. Use a chair back or doorway for balance.
10. **Do shoulder rolls** (forward and backward) during commercials.
11. **Do large arm circles** (forward and backward) every hour.
12. **Walking barefoot** improves strength, balance, and posture.
13. **Stand up from a chair without using your arms** or use them less as you grow stronger.
14. **Knitting, crocheting, quilting, and sewing** are all gentle forms of movement.
15. **Do neck rolls** (both directions) every hour.

16. **Stretch** while getting dressed.
17. **Housework** includes full-body movements, especially vacuuming, dusting, washing windows, and changing sheets. It all counts!
18. **Stretch** your fingers and toes.
19. **Step over a variety of objects.** It improves balance.
20. **Walking on uneven surfaces** engages muscle groups, improving strength and balance.
21. **Make faces.** It engages your eye, brow, cheek, and forehead muscles.
22. **Walk backward.** It improves coordination and balance.
23. **Shake it out!** This relieves tension and adds fun little movements to your day.
24. **Walk on your toes, heels, and the outsides of your feet.** It improves balance and coordination.
25. **Play a yard game** like croquet, badminton, or corn hole. It's great for coordination!
26. **Take the stairs two at a time** (hold onto the rail). It strengthens your legs and boosts heart rate.
27. **Stretching for one minute** every half hour can reset your body and brain. (Set a 30-minute timer to remind yourself.)
28. **Practice chair squats.** Sit down and stand up a few times without using your hands. Start small and work up to 10 times.
29. **Practice a balance pose while doing dishes.** Try a tree pose or just lift one foot off the ground.
30. **Try shadowboxing.** Gently punch in the air to get your heart pumping and release any frustrations.
31. **Doing simple resistance band exercises** can target muscles without needing much space.
32. **Tidying one drawer or shelf** (or doing other light cleaning) includes squatting, lifting, and reaching.
33. **Walk during phone calls.** Pacing adds more steps to your day with little extra effort.
34. **Do Chair Yoga** to promote relaxation, improve coordination, and strengthen core muscles. Many 5-10-minute YouTube videos are designed for all levels.
35. **Swing** at a local park and have good, old-fashioned fun!
36. **Skip.** Just like you did as a kid. It's playful and good cardio!