

### 3 Simple Ways to Increase Exercise...without breaking a sweat!

Most of us want to be healthier, physically, mentally, emotionally but it can feel like there is no time in the day to focus on ourselves. What's more is when we do tend to have that time we don't often fill it with the things that would benefit us. Instead we sit, maybe on the computer or in front of a tv. We might snack out of boredom, or even zone out on our phones because we aren't sure what it is we want to be doing.

I've been there, still go there, and have found ways to help shift those habits into new habits that serve my mind & body a lot better. So let's have a look at just 3 of these techniques you can start applying as soon as you find yourself in any one of these situations.

**Exercise instead of eating** (when you are staring into the fridge with no clue or sitting on the couch feeling the urge to snack).

- Think about why you want food - Is your stomach physically growling? If it's not or hasn't, you probably aren't really hungry. Instead, is it physical, mental, emotional stimulation you are craving? Whatever it is, it's an agitation or arousal you are feeling (a stimulation of the nervous system) & it's not coming from your stomach but your brain.  
You more than likely want to move, focus on something or feel pleasure. So why not try getting all 3 in a simple way?

**Exercise**, yep that's right, though there are other options that could have worked! Choosing to combine physical, mental & emotional stimulation in this way instead of getting up & eating or grazing because you're seeking something, that is more than likely not food, is a great way to fill a need with a much healthier option. Why not try the following instead:

- Bicep curls, Tricep kickbacks, or Lateral raises on the couch - 10 reps each arm for 5 sets
- Walking in place while holding 5kg weights in each hand, or if you don't have weights it's ok just pump your arms on their own
- Leg lifts or Crunches on the floor while still watching tv - 10 of one exercise & then 10 of the other, rest 10 second & repeat 5 times
- Squats or Jumping Jacks for a set of commercials - 10 reps, rest 10 second & repeat until commercial break is done.

The options are endless & maybe the kids or partner will join. Make it fun & challenge each other to see who can do the most reps during a commercial.

- Use the thoughts of eating or a commercial break as your cue, make the exercise the routine, & the rush of endorphins the reward...over time the reward will be a healthier body but start with where you are at.

**Lateral raises front & side**



**Bicep curls**



## Tricep Kickbacks



## Overhead Triceps



**Stretch** instead of going to the fridge or feeling agitated perhaps without good reason.

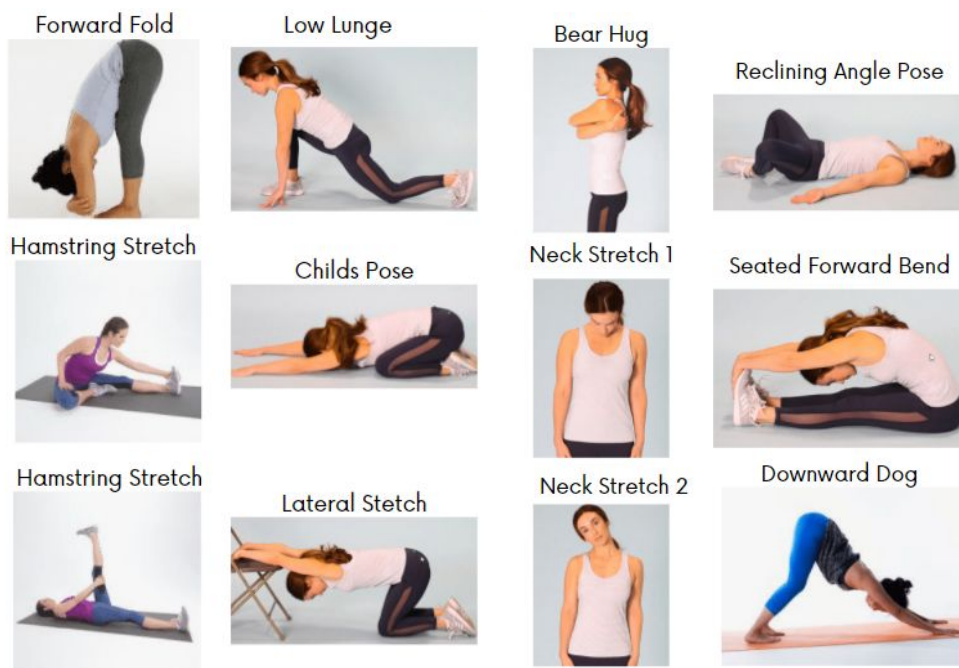
We often carry stress in our body that we may not recognize as stress. This can again be a feeling of agitation, or an urge for something, a negative thought, boredom, or a feeling of urgency that we can't quite put our finger on.

- Think about why you are feeling a certain way & if you don't have a conclusive answer try taking even a 2-5 min break & stretching instead.
- Maybe this time is when you are sitting on the couch, in front of the computer, helping kids with homework, pacing the house, stuck on a project or a thought keeps repeating in your head. It could be any reason at all & you don't even need a good one to benefit from stretching.
- Pay attention to the cue to start you off, then take note next time you are bored, agitated, feeling stuck or stressed & try a different approach instead.

Stretching can calm our nervous system (think fight or flight / rest & digest). It can increase blood flow & oxygen to our body & brain, helping us improve energy levels & think more clearly. Ensuring you take long deep breaths while you stretch will also help this process.

- Try breathing in for a count of 4 & out for a count of 5.
- Use the same application as above & try a variety of stretches as per the below pictures (or find your own). Hold each one for 20 second & move onto the next.

Think of it like a mini cleanse for the body & mind that can take just 2 to 10 min a day...twice a day if you can manage it.



**Random movement** when you don't think you have time for anything. We've all been there waiting for a pot or kettle to boil, even a partner, kid, or friend to be ready. Instead of zoning out on your phone, or thinking about how you wish it/they would hurry up why not try something good for you instead?

- See how many steps you can clock while waiting on the kettle, pot or person. Do this by walking around an island or a room, or just stepping in place.
- Or stretch your arms up to the sky, touch your waist, knees & toes, repeat a few times until you feel energized.
- Make it more challenging by doing this with squats instead of steps, standing ab exercises, shadow boxing, dancing, or just randomly move in pleasurable ways for a few minutes.

It will free your mind & body while increasing blood flow which mentioned will energize you to think more clearly, just like many of the suggestions above.

### Squats



### Standing Abs



**So start** by picking one exercise or stretch to try each day to see what works for you & when. Then take note of your triggers to act as a cue that you should try one of the above actions instead of eating, scrolling, fidgeting or feeling stressed.

### Examples of setting cues:

- The act of turning on the kettle is a cue to start walking or moving your body.
- Set down a mug while you wait on the kettle is a cue to do 10 squats, rest for 5 seconds, do 10 more & repeat until the kettle is done. Same idea goes for the microwave or toaster.
- When you are on the couch use a commercial or the thought of snacking as a trigger to cue a round of exercises or stretching.
- If you use Netflix so there are no commercials then use the impulse to eat, or the act or squirming on the couch as a reminder to do bicep curls or crunches, yoga or breathing techniques.

This will distract you from wanting to eat & give you a sense of physical & mental satisfaction every time.

Maybe get kids or a partner involved if it works with your lifestyle, it's something that can benefit everyone.

In the infamous words of Yoda, remember **“there is no try, just do”**. So **DO** something for yourself everyday that forms better habits & routines that you can use to carry you forward into a happier & healthier version of an already awesome you!



### Happy Out Nutrition

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