



Get in the habit of moving daily

Everyone knows we should exercise more. But after being mostly cooped up for almost 2 years, you may have gotten out of the daily habit of movement. To get back on track, follow these simple tricks to stay active.

Carve out time for steps

If you transitioned to working remotely, you've probably noticed that it's more difficult to get those daily steps in without walking to grab lunch or circulating the office floor to network. Carve out time to get 10,000 steps a day (close to 5 miles) and find small ways to fit in steps by taking a walk before or after work, scheduling a virtual walk & talk with a co-worker, or even pace around your house on a call.

Take up an active hobby

Exercise doesn't have to happen at the gym and doesn't have to feel like a chore. Remember what you enjoyed as a kid? Why not take it up again as an adult or try a new active hobby that gets you fit without feeling like another "to do" to cross off your list? Rediscover your inner child and the joy and fun of moving your body. Dancing, sports, or just running around can make a big difference.

Resist the streaming TV habit

So, you've pretty much blown through every episode of every new streaming show available, but you're still caught in the habit of nightly screen time? Instead, why not take a stroll, go for a bike ride, or try some quick resistance training while listening to audio books? Or try streaming a yoga class to help you simultaneously build strength and relax. After all, prolonged sitting has been shown to be as damaging to your health as smoking.

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