Many times when we get to the end of our day, we realize that our physical activity was mostly non-existent. We all know that just standing instead of sitting will increase muscle strength. Relaxing is great, but how long is good and when does it become a habit? Here are some simple ways to add some extra activity throughout the day.

• Plan to take several “trips” around the house each day.
• Have a list of small to-do items and tackle them each hour.
• Join a television exercise routine—even seated exercise helps.
• Think about how long you might sit in one spot and plan to move around a few minutes of each hour. Just getting up and down is beneficial.
• Set a timer for when you are reading to remind yourself to move about and get some fresh fluids.
• Get up and move during commercials.
• Always stand when you are on the phone if possible.

Create an activity plan for each day and add to it as you get stronger. Review all the places you would like to visit—flower shop, library, or coffee shop, anywhere you enjoy—and add them into your weekly routine. Visit the Senior Center for lunch or games, your church for socials, the craft store for ideas or to sign up for classes, take yoga or stretching classes, and community college courses are all great ways to get out and about.

The Amber understands our resident’s preferred lifestyle, and our caregivers provide opportunities to move around that will fit each individual’s interests and capabilities. Call or visit us today to find out more.
Stop by The Amber and learn more about adding exercise into your daily routine. We look forward to seeing you!