



GET MOVING

- Stick with your regular exercise routine during the weekends or if you go offshore as much as possible.
- On your days off add in 5-10 more minutes to your regular exercise session whenever you can or work a little harder during your session to burn more calories if fat loss is one of your goals.
- Set a specific goal of balancing each hour of sitting with 10 minutes of activity. In addition to formal exercise, cooking, cleaning, outdoor activities and general movement all count to offset sitting time.
- When time is short remember that each 10-minute segment of exercise counts towards fitness plus it helps reduce stress, increase energy levels and can lesson feelings of depression.
- Put on music and dance or do simple aerobic steps - you can move to the beat while cooking (and get more intense while waiting for something in the oven) or watching TV. Move, move, move!
- Do some stretches - when you wake up, before bed, when you're stuck in traffic, even in front of the TV. Stretching burns more calories than sitting still, makes you feel good and increases blood flow.
- During TV commercials, do crunches, push ups or some type of activity.
- Stay active in everyday life - park farther away, take the stairs, make extra steps without getting frustrated...every extra step counts!
- When all else fails, get active by cleaning the house or the car!