

Work In Working Out

We're on the go all day long. Though we shouldn't have any problem keeping off a few extra pounds, it seems to be the opposite. And when can we fit in exercise when we're always on the run? By incorporating a few low-maintenance exercises into your daily routine, you can easily increase your activity level to conquer those few extra pounds.

1. **Loose the remote.** Get up every time you want to turn on the TV, change the station or turn it off. Sure, it's easier to laze in bed and click through the stations, but you might want to burn off that late-night dinner.
2. **Do the stairs.** Skip the elevator and walk up and down the stairs an extra 10 times a day. Okay, 10 times might be pushing it, so go for five. Put a penny on your counter or desk every time you make the stairs to keep track.
3. **Squeeze the backside.** Every time you sit down, whether it is to eat, use the computer or call a friend, do backside squeezes. To do, squeeze butt cheeks together, hold, then release. Start with one or two each time to avoid sore muscles. You do want to be able to sit sometime in the next 24 hours. After a couple of days, increase by two and work your way to ten buttocks squeezes at a time.
4. **Crunch the stomach.** As you're standing in the shower or chatting with friends, pull in your stomach muscles, hold, and then release. Start with five to avoid sore muscles. Increase by one or two and work your way up to ten crunches at a time. Fit in stomach crunches several times a time for tighter abs.
5. **Lift water bottles.** In between commitments, grasp a 16-ounce water bottle in each hand. Hold the bottles at your side, and then lift to shoulder height. You can do one side at a time or both together. Start at ten and do one set a day, at least three times a week. Then, work your way up to a second set of ten and then a third set of ten. You can also start with

the bottles in the front and lift straight out to shoulder height.

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