



The benefits of simply moving more

Cars, computers, dishwashers, washing machines, mobile phones and emails mean that many of us get very little activity in our day. In fact, recent studies have found that the average Australian is in the seated position for up to 77% of their day – and then lay down to go to bed! One great way to improve our health, glucose control and lose weight is to move more during the day. This form of exercise is known as incidental exercise and it simply means moving more during the day.

Unfortunately most people don't focus on this form of exercise during their day because many believe that it doesn't have an impact. Nothing could be further from the truth. A recent study showed that just climbing 20 flights of stairs a week could reduce your chances of heart disease.

Here are some tips to increase your incidental exercise:

- Take the stairs instead of the escalator or lift.
- Walk to the corner shop rather than driving.
- Go and talk to a work colleague rather than sending them an email.
- Walk to your destination when in heavy traffic rather than sitting in a taxi.
- Take your family for a walk.
- Clean the house.
- Don't spend 15 minutes trying to find a parking space close to where you need to go. Park a little bit away and just walk the extra distance.
- When catching the bus get off a couple of stops earlier and walk the rest of the way.

Research has shown that we need to take about 7,500 steps each day to maintain weight and 10,000 steps to lose weight.

If you want to see how much you move (or don't move!) buy a pedometer (step-counter) and see how you go! A pedometer can also be a good motivator to moving more.