

13 easy ways to build more activity into your day

Incidental activities are the movements you perform during the day as part of everyday life.

1. **Active parking:** Instead of circling the car park looking for that perfect park, park further away from the shops and walk that little extra distance. You will generally save time and frustration as well as being more active.
2. **Take a 2-minute stress reliever:** Take two minutes to get up and walk around if work and stress builds up. This can help to clear the mind, re-focus and make you feel better.
3. **Move while watching:** Try walking on the spot, ride an exercise bike or use a treadmill while watching TV – even if it's only during the ad breaks! Remember it all adds up to help increase your energy expenditure.
4. **Wiggly watcher:** Don't just find a comfortable position and stay in it. Wiggle your legs, circle your feet or move your arms or hands. Remember every little bit helps.
5. **Escalator escapes:** Escape from the norm and take the stairs – often near the escalators in a store or mall. If there aren't any stairs nearby, walk up the escalator.
6. **Move and groove:** Turn on the radio and tap your hands or bop along to the music when driving or add in some extra movement when doing jobs around home.
7. **Wash the car:** Give the garage carwash a miss and turn it into a fun family activity that includes lots of soap, bubbles and water. Pick a sunny day and you'll have a blast.
8. **Play with your kids:** Turn off the TV and play a game of hide and seek, go bike riding, or have a go on the swings. Not only will you be getting some much-needed exercise, but you'll have a whole lot of fun too.
9. **Do two things at once:** Dance a little while you dust, do leg-lifts or knee bends whilst you're brushing your teeth. When you're on your mobile, do some stretches or walk around the room. Have some fun with it and use your imagination! The only rule is to keep moving!
10. **Walk more:** There are lots of ways you can add more walking into your day. Try and make all short journeys by foot (less than 1km). Take the dog for a walk on the weekend or go on a family outing. It's a great way to clear your head, get some fresh air and escape the house or office. Another good idea is to walk your kids to school.
11. **Use that get-together to get moving:** You're off to meet someone for lunch or coffee. Why not meet, and go for a walk first? Make it a regular date, so you'll be helping a friend get active and there's always that coffee or snack waiting for you when you finish – for a little added motivation!
12. **Stand more often:** Standing is like walking – it increases energy, burns extra calories, tones muscles, improves posture, increases blood flow and ramps up metabolism. Global studies show we sit for 7.7 hours a day on average, and some results estimate people sit up to 15 hours a day. So, take every opportunity to stand up, stretch and move around.
13. **Take comfortable walking shoes to work:** This will allow you the freedom on nice days to have a gentle stroll during your lunch break, or to walk an extra bus stop or two.

[Get more ideas on how to be active at work](#): 51 ways to add more movement to your workday.