

# 15

## EASY-TO-FOLLOW MOVE-MORE IDEAS

# 1

Walk on the spot while brushing your teeth



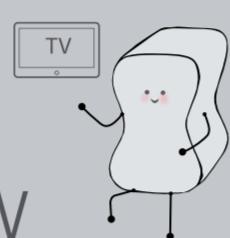
# 2

Balance on one leg while brushing your teeth



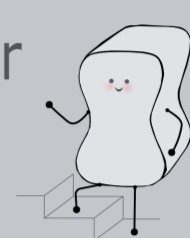
# 3

Walk on the spot while watching TV



# 4

Do you have an elevator in your building? Great! Take the stairs!



# 5

Do some housework: vacuuming, clean floors, windows or mirrors



# 6

Dance for 15 minutes



# 7

Park your car further away from your destination and skip Drive-Troughs



# 8

If possible, walk or bike to work



# 9

Stand while you are reading



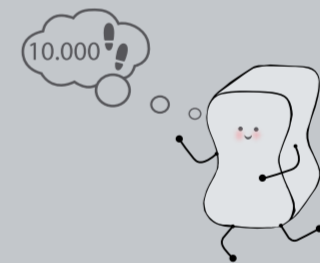
# 10

Stand during phone conversations



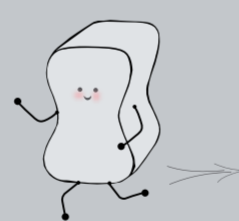
# 11

If you have a fitness tracker, challenge yourself to do 10.000 steps a day. To easy? Do 15.000!



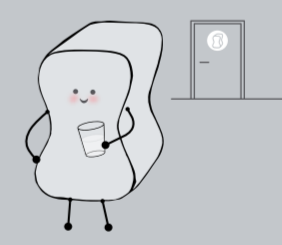
# 12

Try walking backwards or sideways



# 13

Drink more water. You'll have to walk to the bathroom more often



# 14

Sit on a fitness ball



# 15

Use resistant bands while sitting on a couch



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