



### Sneak In Exercise

#### Morning

While showering, do push-ups against the wall.

Stand on one leg while brushing your teeth.

Perform a squat while loading the dishwasher.

Run up the stairs, and walk down sideways.

#### Midday

Stand up after responding to 3-4 e-mails.

Send your document to a different print station.

Leave your desk at lunchtime – never eat at your desk!

At the top of each hour, stretch your spine by reaching around the back of your chair.

Walk around during conference calls.

#### Evening

While driving, press your head against the headrest. This will strengthen neck muscles that have been weakened by hours at the computer.

When you stop at a red light, press your palms against the steering wheel with your arms extended.

Time yourself while cleaning up the kitchen, and try to increase your speed the next time.

While watching TV, do crunches and leg lifts during commercial breaks.

Do bicycle crunches in bed while watching TV or reading a book.

# 7-MINUTE WORKOUT



1. Jumping Jacks



2. Wall Sit



3. Push-Up



4. Abdominal Crunch



5. Step-Up onto Chair



6. Squat



7. Triceps Dip on Chair



8. Plank



9. High Knee Jog in Place



10. Lunge



11. Push-Up with Rotation



12. Side Plank

## GET THE MOST OUT OF YOUR WORKOUTS

1. Hire a personal trainer.
2. Don't just do cardio.
3. Fatigue with intervals.
4. Fuel up before & after your workouts.
5. Drink water
6. Sleep in.