10 Changes To Get More Exercise Every Day

Do squats or lunges at your workstation and work your entire lower body

Try planks instead of crunches for a more complete core workout

Swap out your chair for an exercise ball

Choose pushups instead of bicep curls – you’ll work more muscle groups in the same amount of time

Use the stairs instead of the elevator

Break up your cardio with an interval workout

Park farther from the entrance to add some extra steps

Take a walk at lunch rather than sitting the whole time

Add some incline to your flat treadmill workout to burn extra calories

Try something new – take a different group exercise class with a friend