**Move your body throughout the day**

**UK/IRE/AUS/NZ**

Sitting for long periods of time puts us more at risk of heart disease, high blood pressure and diabetes. And yet, in this digital age many of us spend hours a day in a car, or behind a computer or tv.

It’s important that we regularly move our bodies. Trying to take time out of our busy schedules to exercise can feel overwhelming, but remember that you don’t need a couple of hours every day. Even five minutes of exercise is better than nothing. With some small changes to your daily routine you can even incorporate these moments into everyday activities. We recommend our 5 favourite ways to move your body throughout the day:

**Schedule breaks**

When you’re at work, try to take a five-minute break every hour. You can use that time to go get some water, walk over to a colleague or even step outside for a bit. Set a reminder if you have to!

**Take the stairs**

We know, this is one of the most common tips. However, it’s popular for a reason! By taking the stairs instead of the lift, you immediately get quite a few steps in. And since you probably had to go upstairs or downstairs anyway, it barely costs you any extra time!

**Be creative**

There are so many ways you can move your body throughout the day and it’s all about figuring out what works for you. You could spend 15 minutes cleaning, playing with your pet, trying a couple of workout exercises or dancing to your favourite songs!

**Avoid home delivery**

Whether it’s groceries, clothes, home decoration, garden tools…everything can be ordered without even having to get up from the sofa. While this is very practical, it’s one of the reasons many of us don’t leave the house as much anymore. So try to still run some errands in person! It keeps you moving and you get some fresh air!

**Walk as much as possible**

One of the easiest and cheapest ways to move your body is by walking! Instead of relying on public transport or a car to travel from A to B, why not walk? Even walking part of your journey can make a massive difference! Another option is to make walking part of your daily routine, for example during lunch breaks or after work. If you get into the habit of going for a walk every day around the same time, you’re less likely to give up on it!