

# Active at home

## How to day active in a different daily routine

### **One break per hour**

Set an alarm and take one break for five minutes of exercise every hour

### **Go outside**

Go for a walk or run outside, that way you get some exercise at the same time as you get some fresh air

### **Study while standing**

Use your table and some books, or an ironing board to enable standing up to study. This is an easy way to decrease the amount of time you sit down per day

### **Replace your coffee break with a walk**

Instead of taking that extra coffee break we all are guilty of, go for a walk instead as this gives just as much caffeine

### **Multitask**

While talking on the phone or having a meeting, take a walk

### **A flexible morning**

Start your day by stretching, as your muscles get stiff by sitting down too much

### **Workout at home**

There are several workouts online that you can do from your apartment