

# Simple Ways to Increase Daily Activity

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## 1. Set a Movement Timer

Sitting becomes harmful to our health when we do it consistently for long periods of time. If you know you're going to sit down for a bit, set a timer for 30 minutes. When the timer goes off, get up and do a lap around the inside of your house.



## 2. Organize a Space in Your House

Now is the perfect time to organize those spaces. It's not like we have plans we need to get to, so it's the perfect time to clean out those pesky catch-all areas.

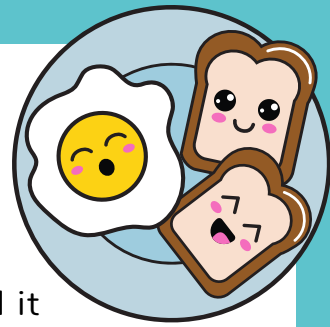


## 3. Stand While Talking on the Phone

It's common for most of us to sit down to talk with someone, because that's likely what we would do if they were actually in the room with us. Instead, try standing and even pacing while talking. Movement actually helps us think, so it could be beneficial to your conversation as well to move around while you chat.



## 4. Pair Activity with Something You Already Do



A good way to create a habit around it is by pairing activity with something you do every day. For example, you could decide to do 10 minutes of activity before every meal, so you have ensured 30 minutes of activity a day.

## 5. "Reward" Yourself for Activity



"Reward" is in quotes here for a reason. When it comes to rewarding yourself for activity, it's important to use things that are also at least somewhat "healthy" or things you do daily that you enjoy. For example, you could wait to have your morning coffee until you do 10 minutes of activity.

## 6. Do an Exercise Video Online



Check out "The Senior Centered PT" on YouTube. Most of my exercise videos are less than 8 minutes! But, there are so many videos out on YouTube that are completely free! You can find all kinds of workouts by searching whatever key words you want.