

Health MOVE IT OR LOSE IT

For some people, even the mere suggestion of exercise is enough to end a conversation. However, it is incredibly important for both our physical and mental health to move our bodies. Nobody is going to make you spend hours in a gym if you're not that way inclined. We've pulled together some of our favourite ideas to get your body moving more, and thrown in a workout in case you want to step it up a notch - but don't worry, there is no gym required for this one, it can be done in the comfort of your own home.

> Healthy Habits

Sneak more movement into your life with these healthy habits, based around things you are already doing!

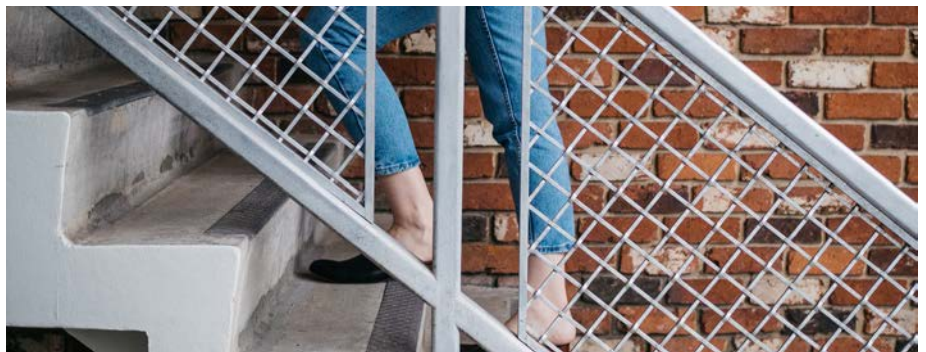


Catching up with Friends

Catching up with friends on the weekend is great for our mental health, but have you noticed how these catchups often revolve around food? Switch it up and go for a walking catchup, or just incorporate a walk into your breakfast date.

Pick a café within walking distance from one of your houses and take to the street before you take your seat! A 15-minute walk to breakfast will feel like nothing at the time, but once you've gone and returned you've snuck 30 minutes of movement into your day. As an added bonus, you'll get more quality time with your friends, more fresh air and more Vitamin D.

Take the Stairs



Whether you're at the shops, or the airport, or going in to work, it can become very easy to "justify" to ourselves why we should take the escalator or the lift. The long and short of it is, these are just excuses. The stairs will take you the same amount of time (less even, if there is a line up), and are the easiest way to move a little more.

Walk like a Farmer



Farmers markets, in addition to being home to incredibly fresh produce, organic goodies and ethical shopping, are an easy way to get some extra steps into your day. Spend less time in conventional supermarkets and source out a local farmers market to pick up your weekly fruit and veg.

Not only will you get some great produce (usually at great prices!) but you'll sneak in plenty of extra steps, extra sunlight and fresh air. Better still, farmers markets usually open well before supermarkets, so if you get an early start, you'll find yourself with more time in your day.

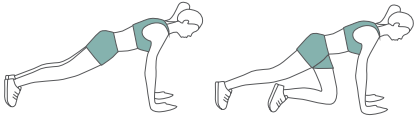
Health

NO GYM? NO PROBLEM

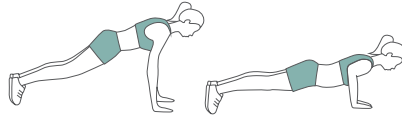
This workout is one you can do wherever you are, and being just 10 minutes, it is easy to sneak in as soon as you get up, on your lunch break, while you wait for dinner to cook, or at any point of your day!

For this workout, do each of the following exercises for 45 seconds, resting for 15 seconds between each one.

Mountain Climbers



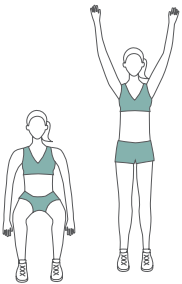
Push-ups



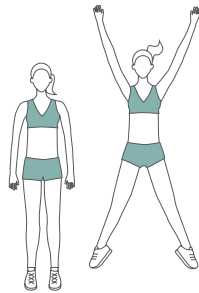
Crunches



Jump Squats

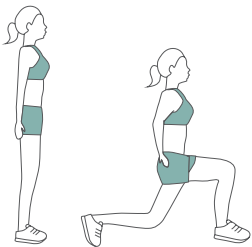


Jumping Jacks





Alternating Lunges



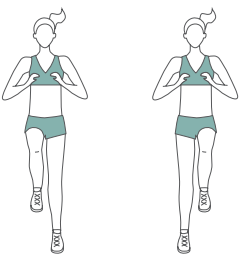
Tricep Dips



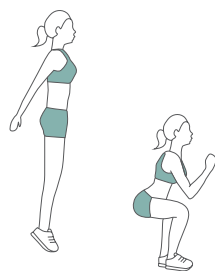
Bicycle Crunches



Quick Feet



Pop Squats



➤ As you find yourself getting fitter, repeat each exercise for multiple sets. This will give you a longer workout, to really challenge yourself.