

# 4 Lifestyle Changes to Help Increase Physical Activity

1) Take the Stairs: If you frequently find yourself using an elevator or escalator, taking the stairs can be a simple alternative that will also help burn calories and raise your heart rate. The average American can burn an extra 7 calories a minute by taking the stairs over taking an



2) Walk to do your chores: On a Saturday if you have errands to run around town, consider walking from store to store rather than driving to each store. By parking at a single location and completing the rest of your shopping on foot you can burn an average of 90 calories a mile!



3) Do your own gardening and yard work:

Gardening is a much more physically demanding endeavor than it seems and is a great way to increase your heart rate as well as perform functional workouts without even realizing it. Yard work is considered a moderate activity on the Metabolic Equivalent Scale (MET Scale) which means you can burn an average of 324 calo-

4) Wash your dishes by hand: After a nice meal there are frequently a number of dishes to be cleaned. It's very simple to take everything that's dishwasher safe and just throw it into the dish washer and let it do all the work, but by taking a few minutes to do the dishes by hand you're jumpstarting your metabolism directly after meal time which helps you digest and retain less of the food you ate.

