



HealthyBodyHealthyLife
with *Melissa Koerner*

Total Transformation Module 5 – Part 2: How to Build Exercise Into Your Day

With Nutrition, Fitness & Integrative Medicine Health Coach Melissa Koerner

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Create a Daily “Exercise Sandwich”

- **Start** and **end** your day with some kind of movement.
- In the morning, movement **energizes** you and sets the tone for a more **focused** and **productive** day.
- At night, **low intensity** movement can help promote **relaxation** and **better sleep**.

2

If the thought of trying to fit even just one more activity in your schedule is stressful, it's ok!

- The goal with exercise is **not** to add stress—the goal is to manage your stress better.
- With that said, if you truly want to be **healthy** and **fit** you do need to make **some** time to move each day.

3

You can **easily** create opportunities for exercise when you're **on the go** and when you're at **work**.

4

Park Far Away

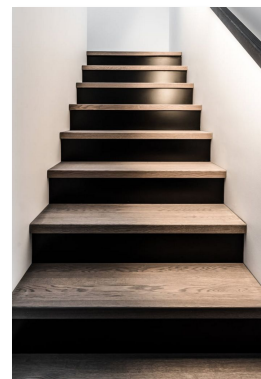
- When you run errands and park at work park as **far away** from the entrance as you can.
- If you include the walking distances inside the building, the total distance **adds up** pretty quickly.



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Take the Stairs

- **Forget** taking the elevator or escalator.
- Walking up and down stairs is a great way to **boost** your metabolic rate.
- As your metabolic rate improves so does your ability to **metabolize toxins**.
 - Your body basically becomes more **efficient** at moving fluids throughout your body and eliminating waste.



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Get Up and Move Every 45 Minutes

- If you work at a desk all day long get up every **45 minutes** to walk around for **2-5 minutes**.
 - Set an **alarm** to remind you.
- If possible, plan to take **2-3 longer** walks during the day.
 - For example, during the late morning, lunchtime and late afternoon you could go for a **10-minute** walk.
 - Over the course of the day you'd be getting an additional **20-30 minutes** of walking per day!

7

Use a Stability Ball at Your Desk

- Replace your desk chair with a **stability ball**.
- Benefits of sitting on a stability ball at your **desk**:
 - ✓ Cushions your spine
 - ✓ Hydrates your discs
 - ✓ Promotes good balance and posture
 - ✓ Increases core strength
 - ✓ Reduces lower back pain



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Work Around the House

- Gardening, yard work, laundry and house cleaning are all forms of **exercise**.
- Make household activities your **daily** exercise!



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Next Up...

**Module 5 – Part 3:
When to Work In Versus Work Out**

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