



Healthy**Body**Healthy**Life**
with *Melissa Koerner*

Module 5 - Part 2
How to Build Exercise
into Your Day



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HealthyBodyHealthyLife.com

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| HOW TO BUILD EXERCISE INTO YOUR DAY

Here's your success checklist:

- Create and “Exercise Sandwich,” by starting and ending your day with *some* form of movement.
- Park far away when doing errands or at work.
- Take the stairs whenever possible.
- Get up every 45 minutes to move when you’re working at a desk for long periods of time.
- Use a stability ball in place of your desk chair (Here’s a burst resistant stability ball: <http://amzn.to/2kXGM1p>. See the size chart below to get one appropriate for your height.)
- Do work around the house i.e. gardening, yard work, laundry and house cleaning etc.

Application	Height	Ball Size
Chair	5’2” & under	55 cm
Chair	5’2” & over	65 cm
Chair	6’0” & over	75 cm
Exercise	4’1” - 5’1”	45 cm
Exercise	5’2” - 5’8”	55 cm
Exercise	5’7” - 6’2”	65 cm
Exercise	6’3” & over	75 cm