



5 Sneaky Ways to Stay Active

Here are five ways to sneak in activity at home:

1. Do bodyweight exercise – like squats, pushups, or sit-ups – during TV commercial breaks.
2. Replace your desk chair with a stability ball.
3. Work in your garden, if you have one.
4. Play a game of soccer or kickball with your kids.
5. Practice yoga.

For more ways to sneak in exercise, click [here](#).

Source:
<https://www.everydayhealth.com/hs/weight-management-guide/easy-ways-to-sneak-exercise-into-your-day/>

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