

VGB Success Tips # 0 (NP-VGB 6)

“Value-Add” the INCIDENTAL ACTIVITIES you Already Do!

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1. **Travelling** – (i) **Driving and Parking** on the street?... **park a block away & walk** the extra; Use a parking station?... park so you must climb the stairs; Using a flat parking lot?... **park at the end & walk** in.
(ii) **Catching a Bus or Train** – stand for the trip; **get off one stop or station early & walk** the rest.
(iii) **Flying** – at airports, avoid travelators & **walk**; on planes, walk the aisle every 30 mins.
2. **Shopping** – (i) In multi-level **Stores or Shopping Centres** – to get between floors, always **use the stairs**, not the lifts or escalators.
(ii) **Doing the Grocery Shopping** – Do NOT use phone ordering and delivery. **Shop in person**.
(iii) **When using Shopping Trolleys** – after you have emptied it at your car, **walk the trolley back** to a ‘Trolley Bay’, then walk back to your car.
(iv) Park at the furthest end of the **car park** & walk in to the Shopping Centre.
(v) **Drive-Throughs must be avoided** – park & walk in, even at ‘Maccas’.
(vi) The **“Corner Store”** – walk there & back, or only drive part of the way, or use a push bike.
3. **At Work / Studying** – (i) ALWAYS take your **lunch & tea breaks ... go for a short walk**, if possible, out of the building. Even 5 or 10 mins really helps. **If studying**, every 20 mins., **get up & walk** for 5 mins.
(ii) **Desk Workers** - **get up every 20 minutes & walk** to the cooler, kitchen, or staffroom for a glass of water, or do some **“Chair Exercises”** (sitting & standing at your chair), or work at a **“Standup Desk”**.
(iii) **Drivers** - (taxi, delivery van, Postie, long-haul, etc.), stop as often as possible. **A three minute stop & walk every 30-60 mins** will keep you more alert, healthy ... and alive!
(iv) **Shift Workers (general)** – always take your full, scheduled **rest & meal breaks** AND if your job is sedentary, always take a short **5 minute walk** at each.
(v) **Nurses** – TAKE YOUR BREAKS !!! ; walk up & down a flight of stairs every hour ; eat a healthy, small, prepared meal ... **s l o w l y**.
4. **At Home** - (i) **Watching television** – **during EVERY set of adverts, get up & walk** around the room.
(ii) Using other **Electronic Equipment** (social media; games; e-books) – **get up and walk briskly** or **do some “Chair Exercises”** for 2-3 mins every 20 mins.
(iii) **Household chores** – **sweep** floors; do **dishes** by hand; **dust/wipe** all surfaces; **wash** the car;
(iv) **Gardening** – do more of:- **weeding**; **mow** the lawn by pushing the mower; **prune** the hedges; **rake** the leaves ... BONUS:- Research shows that gardening decreases stress, anxiety & depression.
(v) **Belly LAUGH** – Allow yourself to **laugh heartily** at Comedies, a few times week.
5. **At Play** – Bring **Physical Activity** into the activities you do with your kids, partner &/or friends (eg: Frisbee, cricket, sandbox, weeding, vege patch, cycling, swimming, walking, play with dog.) & do them **more often**.
6. **EVERYWHERE** – (i) **Breathe Deeply!!** This is something we all do from time to time, so why not do it regularly? Take a slow, full, deep breath & hold it for one second. Breathe out slowly and fully, then take one (1) normal breath. Repeat twice, for a total of three (3) deep breaths. **Do this every day: ... before breakfast, at morning tea, during lunch, at afternoon tea & just before bed.**
(ii) **Walk further faster!** Everyone walks, so simply walk further, faster.

Scientists are now saying that **Sitting is the new Smoking, so I'll stand & walk whenever I can.**

Now, what incidental activities can I (me) “value-add”?