

PUT SPORTS IN YOUR DAILY LIFE

Difficult to be motivated for a sports session after a big day? Can't get up early to do your sport? Convert a little free time at the office into sports training, all discreetly? Nothing could be easier, just change a few habits !

AT HOME

- Your daily habits offer you many opportunities to practice sports, just take them! For example: do about 15 squats when you brush your teeth, buy weights for your wrists or ankles to work at the same time as you dress and prepare your day.
- Household tasks or gardening can burn an average of 140 calories in 30 minutes. So to do it the best way, you pull in your stomach, squeeze your buttocks and keep your chest straight. Don't forget to put on your favorite music to find the motivation and keep up the pace!

IN YOUR DAILY JOURNEYS

- If you use public transport, try to get off one or two stops before to increase your walking time. I remind you that the recommended time is 30 minutes per day. Which brings me to the next point: you no take your car for small and medium distances! To work the muscles more? The abdominals are contracted about ten times and released for an equivalent period of time.
- Forget the escalators or the elevator and force yourself to take the stairs. A little trick to work well on the abs and buttocks: climb the steps two by two or on tiptoes.

AT WORK (BUT DISCREETLY), IN A BORING MEETING

- For the legs : you sit in your chair and put both hands on each side. You lift your legs up, stretch them out, until they are parallel to the ground for 10 short seconds before releasing and exhaling slowly. And we do the exercise 9 times again !
- For muscular buttocks : Sit upright with your feet on the ground. The goal is to contract by alternating the left and right buttocks, counting 10 seconds for each. If you can't coordinate the two (which is quite common), contract both at the same time.
- To work a little bit on your abs : Stand up straight on your seat, breathe deeply and calmly, inflating your stomach outward. Hold this breath for a few seconds and then release by blowing through your mouth s-l-o-w-l-y.
- Try to get up as often as possible. Go fill your bottle with water 4 times per day, it stretches your legs and allows you to drink a lot of water, which helps you to eliminate toxins.

Integrating sport into your daily routine starts with a few small changes, barely noticeable, but that bring physical activity into your life. As a result, you will end up considering sport as an important and non-negotiable part of your weekly planning.