Find more motivation to get moving. Visit **healthpartners.com/healthyliving.**

**Find small ways to fit fitness into your life**

No marathon running or bodybuilding required.

Finding time to be active can be hard. The good news is, you don’t need to take up an extreme sport. There are little things you can do every day to fit more fitness into your life.

Try these tips to add more activity into your work day. Bonus points for doing squats while you read this list:

* Take the stairs when you have to go to another floor. Or use a restroom on a different floor.
* Park farther away.
* Walk with a friend over lunch.
* Take the long way – anywhere and everywhere.
* Set an alarm to stand up every 30 minutes.
* Consider walking meetings.
* Walk and talk with coworkers, instead of meeting for coffee or lunch.
* Do some quick desk stretches. Stand up and stretch your calves, hamstrings and shoulders.
* Set up a recurring reminder in your calendar to take a walking break.