

Fitness for Work-At-Home Employees or Stay-At-Home Parents

Helpful tips to increase fitness and energize your day

*By Blue Chip Fit Staff
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If you work at home or are a stay-at-home parent, your personal fitness and health need extra attention. Working at home has many benefits, but an unforeseen downside can be a new, sedentary lifestyle with little walking. No more brief walks that increase fat-burning metabolism – no more walks from the car to the office, to the cafeteria, to meetings, or even to the rest room! Even if you work out daily, you still need to make up for the extra calories once burned in the workplace and the new calories gained from another added downside, the REFRIGERATOR! It is too close and too easy to open!

Some tips:

- **Walk briskly twice daily for 10 - 20 minutes.** If leaving the house is not possible, then replace walking with 10 -15 minutes of stationary bike or a few flights of stairs. Of course, a treadmill is a perfect replacement if it fits your budget.
- **If you think you don't have time for a walk, think again!** Walking replaces those 10-minute chats at the watercooler or coffee breaks that might have been common at work.
- **Combine walks with errands.** Walk to a mailbox or post office, to the dry cleaner, the convenience store or to visit friends.
- **Keep "weakness" foods such as chocolate, candy, chips and ice cream in low supply.**
- **Prepare your lunch in the morning when you can think with your head and not your hungry stomach.**
- **Keep plenty of healthy snacks and fruits available.**
- **Avoid foods and snacks high in fat and sugar.**
- **Avoid soft drinks.**
- **Drink plenty of water.**

Benefits:

- Feel better.
- Get energized.
- Increase fat burning metabolism
- See other people during your day – friends, family, neighbors and community members.
- Increase productivity and creativity. (In fact, the idea for this article came during a walk!)
- Get some sunlight, especially in the dark winter months.

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Please consult your physician before starting any new exercise program.