



The Desk-erciser!



Our 30-day movement challenge with Karen Hauer

1 Get off the bus a stop early, or park 5 minutes away and walk

2 Turn a meeting into a "walk and talk"



3 Challenge a friend: who can do the most steps today?

4 One TV episode with star jumps in the ad breaks!



5 Call a friend and pace around



6 Do squats while the kettle boils



7 Set your stopwatch for a comfortable, walking lap of the local park

8 In the office? Make your tea or visit the toilet on a different floor



9 Dance while the kettle boils



10 Stand for one meeting today



11 Squats or lunges? Flip a coin...

12 Back to the park - brisk walk this time!



13 Rest today: try a meditation session before bed instead

14 Take your tea break outside



15 Do a household job that gets your heart pumping

16 Find a new lunch spot on your break



17 Brisk marching in the TV ads

18 Pop on a podcast and stroll for an episode



19 Grab a friend for a coffee and a stroll



20 Round 3 of the park: can you beat last week's PB?

21 Wind down with a 10-minute yoga session



22 Squeeze your glutes during the TV ad breaks

23 Make the drinks at work today. Get a few trips in!



24 Time for a rest day: have an early night

25 Find an online Zumba session and dance it out

26 Focus on your pelvic floor today

27 Start the day with an energising sun salutation



28 Focus on your posture today - try not to catch yourself slouching!

29 Soup cans or sugar bags? Time for some bicep curls



30 Spend today stretching. You've smashed it!

