



17 Tricks to Exercise Anytime, Anywhere

You don't need a pricey gym membership or fitness equipment to shake up your workout routine. Upgrade your routine with these simple ideas.

1 DOG-SIT FOR A NEIGHBOR

Not only will this favor score you points as a good neighbor, but it'll also give you a prime opportunity to sneak in some extra exercise. But that's only if you don't just sit—instead, take Fido for a walk. You'll burn 61 calories in 15 minutes. (Better yet, make it an hour.) Other smart options: Engage your new-found friend in a game of fetch, frisbee, or just a good run in the park.

2 IMPROVE YOUR BALANCE

When you get home after a long day of work, try this quick move as you unwind in front of the TV. Instead of plopping your butt down on the sofa cushion, use it as a tool to improve your balance. Here's how you do it: Stand one-legged on the cushion and move a medicine ball from hand to hand, side to side, and behind your head. (Don't have a medicine ball? A full milk jug or heavy book will work just as well.) Once you've mastered

the move, try doing it again, but with your eyes closed. "You'll improve your balance, coordination, and body control, all important athletic attributes," says Greg Brittenham, an athletic coach in Alaska.

3-9 KEEP YOUR BODY WORKING—EVEN WHEN YOU'RE NOT

On vacation? That's no reason to give up your exercise routine. In fact, the beach is nature's best gym: Sand provides an unstable surface and even some resistance, which means that doing any exercise will strengthen the small muscles in your feet and ankles and work your core to stabilize your body. While a walk or run will tone your legs, you can also get a total-body surfside workout with these moves.

● ON THE SAND

Jump on it Stand and leap to the side with your right leg, landing on the ball of your right foot. Absorb your landing, sinking into a one-legged

squat. Next, leap to the left and land on your left foot. Repeat for 10 jumps. Lateral bounds strengthen thighs and glutes and also stabilize hips, knees, and ankles.

Slide it Stand with your feet together. Keeping your heels together and feet flat in the sand, slide your toes out to the side. Return to start and repeat for 10 reps to build hips, glutes, and thighs.

● ON A BOOGIE BOARD

Pose Stand on the center of a boogie board in the wet sand where the waves roll up. Bring your left leg up toward your chest. Hold it for 15 seconds, then switch legs and repeat. Do 3 sets, trying to balance longer each time.

Paddle and kick Lie on the board and paddle and kick out before catching a wave in. But instead of doing normal kicks, do this series: 10 frog kicks (bend your knees and kick downward at the same time) to work your quads; 10 traditional kicks with elongated and slow motions to work your hamstrings with more



GET FIT QUICK LOSING WEIGHT CAN BE EASY IF YOU KEEP MOVING.

resistance; and then 10 short, quick traditional kicks as fast as you can to increase your heart rate.

● **WITH A BUCKET**

Curl Fill two medium buckets with sand and use them as weights for arm curls and front and lateral shoulder raises. For more of a challenge, stand on a boogie board and do the moves with water in the buckets. Restart your reps every time you spill.

● **ON A TOWEL**

Isometric shoulder pull Hold a towel in front of you, pull it as taut as you can, and hold for 15 seconds. Rest for 15 seconds, and then pull for 15 more. Do 6 sets.

Ab rock Lie on your back, bend your knees, and round your abs up. Slowly rock so that your shoulders, then butt, then toes, touch the ground; then reverse it.

10-13 TAKE IT OUTSIDE

You can do a lot more than just hike or run from angry insects. A park provides everything you need to get a total-body workout.

● **ON A GRASSY HILL**

Decline crunches An incline provides extra resistance during crunches. Sit with legs uphill, knees bent, and fingers lightly supporting your head—do 25 crunches.

Decline and incline pushups

In pushup position, put your feet uphill and your arms downhill. With each set, alternate the position of your arms and feet. Do 3 sets of the maximum number that you can.

● **ON A PARK BENCH**

Balance squats Face away from the bench and place the top of your right foot on the seat. Hop forward a bit so that when you lower yourself toward the ground you'll be in a lunge. Do 3 sets of 10 per leg.

● **ON A TRAIL**

Hiking lunges On a flat or uphill trail, take two long steps; on the third, sink into a lunge so that your knee is forward (but your toes are not past your knee) and your back knee nearly touches the ground. It'll increase the quad, hamstring, and glute burn you feel—especially on the ascents. Do 16 lunges, walk for 5 minutes, and then repeat the lunge-walk sequence twice.

14-16 ROAD TRIP WISELY

Long hours in the car are a huge time and energy suck. Not to mention, the constant sitting can make you sore and uncomfortable. The exercises below are easy to squeeze in and virtually inconspicuous, so you do them in between destinations or as you're touring a new city.

30%

That's how much people can reduce their heart attack and stroke risk just by doing chores.

Source: *British Journal of Sports Medicine*

● **ON THE HOTEL STAIRS**

Varied stair run Instead of just running up and down, pick one flight of stairs and do quick intervals. But every time up, go a different way: Do every step fast, two steps at a time, slow, backwards, hopping with your left foot, jumping with both feet, or sideways, leading with your left foot. You'll get your heart rate up and work on toning your whole leg—the mixing and matching will surprise your muscles.

● **ON THE SIDEWALK**

The stealth squeeze When you're hoofing it between the Tower of London and Buckingham Palace, take strides just a few inches longer than usual. With each step, squeeze your glutes. The inconspicuous move will give your glutes, as well as your hamstrings, a little extra workout.

● **ON A THE HOTEL BED**

The dead bug Lie on your back with your hands and legs straight up in the air, pointing toward the ceiling. As you slowly lower your right arm behind you, lower your left leg—end with both about 6 inches off the bed and then slowly raise them to the starting position. Repeat with the opposite arm and leg. It's a core move that's especially effective because your core has to work harder to stay stable on the soft bed.

17 DON'T JUST SIT THERE

Instead of lounging on the couch while watching TV, tuck a resistance band behind a pillow or under a couch cushion. Stand on the middle and pull the ends to the front, back, and side for upper-body sculpting. Tie it in a loop around your legs and do leg lifts in every direction to give your lower body a lift. Or hide a stability ball in the corner. Sit on top of it while you're enjoying television—you'll work your abs simply by balancing. For a challenge, do crunches on the ball.