

Let's talk about

# Incidental Exercise

## What is Incidental Exercise?

Incidental movement refers to physical activity that occurs naturally as part of your daily routine rather than planned exercise sessions. It includes the small bursts of activity you accumulate throughout the day without specifically setting aside time to work out.

## What are the benefits?

- Promotes an active lifestyle
- Easy way to add up movement throughout your day
- Helps reduce the risk of many health conditions, including type 2 diabetes and cardiovascular disease
- More sustainable and accessible
- Reduces sedentary time (time spent sitting or being inactive)

## What are some examples of Incidental Exercise?



Walking up stairs instead of taking elevator or escalator



Playing with the kids or grandkids



Parking further away from your destination to get your steps up



Walking during lunch breaks, or having a standing meeting



Doing housework like vacuuming, mopping, or gardening



Carrying in the grocery shop from car to house in multiple trips

