

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. 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)

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



Making multiple trips to carry the groceries in from the car

