

“SNEAKY” STRENGTH MOVES

*35 Ways to “Sneak” low impact
mini-workouts into your Daily Life*



SNEAKY STRENGTH MOVES

These Sneaky Strength Moves let you “sneak” low impact mini-workouts into your daily routine so you can get stronger, healthier and more balanced while doing everyday activities like making dinner, shopping for groceries or even while watching TV.

- 1. Balance on One Leg While Brushing Your Teeth:** Stand on one leg for 30 seconds and then switch to the other leg.
- 2. Walk on Your Tiptoes:** When moving around the house, try walking on your tiptoes to strengthen your calves and improve balance.
- 3. Sit-to-Stand without Using Hands:** When getting up from the sofa or a chair, avoid using your hands to push off.
- 4. Heel-to-Toe Walk:** Walk in a straight line, placing your heel directly in front of your toe each step, like on a balance beam.
- 5. Calf Raises While Waiting:** Stand on your tiptoes and lower back down slowly while waiting for your coffee to brew or the microwave to finish.
- 6. Standing Side Leg Lifts While Cooking:** Lift one leg to the side and hold for a few seconds, then switch legs.
- 7. Counter Push-Ups:** Do push-ups against the kitchen counter while waiting for food to cook.
- 8. Chair Squats:** Perform squats by sitting down and standing up from a chair repeatedly.

9. **Balance on One Leg While Watching TV:** Stand on one leg for a minute, then switch to the other leg.
10. **Stair Stepping:** Use your stairs for a few minutes of step-ups to strengthen your legs.
11. **Glute Squeezes While Sitting:** Squeeze your glutes and hold for a few seconds while sitting at your desk or watching TV.
12. **Side Lunges While Folding Laundry:** Do side lunges as you move from one piece of clothing to the next.
13. **Calf Raises While Washing Dishes:** rise up and down on balls of feet while washing. Feet together and then feet open
14. **Hip Circles While Standing:** Rotate your hips in circles while brushing your teeth or cooking.
15. **Deadlift While Picking Up Items:** Hinge at the hips to pick up items off the floor.
16. **Arm Circles While Watching TV:** Perform large and small arm circles to strengthen your shoulders.
17. **Toe Taps on a Raised Surface:** Tap your toes on a step or stool while waiting for something in the kitchen.
18. **March in Place While on the Phone:** Lift your knees high as you march in place during phone calls.

19. **Seated Leg Lifts While Working:** Lift one leg at a time while seated at your desk to strengthen your thighs.
20. **Balance While Drying Your Hair:** Stand on one leg while using a hairdryer, switching legs halfway through.
21. **Seated Knee Lifts:** Lift your knees towards your chest while seated, one at a time, for a quick core workout.
22. **Standing Heel-to-Butt Kicks:** Alternate kicking your heels up to touch your butt while waiting for something.
23. **Step Touches While Ironing:** Step side to side while ironing clothes to keep moving.
24. **Pelvic Tilts While Sitting:** Do pelvic tilts while sitting on the couch to engage your core muscles.
25. **Foot Pumps While Sitting:** Pump your feet up and down (heel from floor to elevated) while sitting to improve circulation.
26. **Standing Calf Stretches:** Stretch your calves by placing your hands on a wall and leaning forward.
27. **Toe Taps While Folding Laundry:** Tap your toes on the floor or a low step while folding clothes. Music helps too.
28. **Squat Holds While Brushing Teeth:** Hold a squat position while brushing your teeth.

29. **Standing Quad Stretches:** Pull one foot towards your butt to stretch your quads while waiting for your coffee to brew.
30. **Chest Openers While Working at a Desk:** Interlace your fingers behind your back and lift your arms to stretch your chest.
31. **Balance on Toes While Washing Hands:** Stand on your toes while washing your hands for a quick calf workout.
32. **Shoulder Shrugs While Waiting:** Shrug your shoulders up and down to relieve tension and strengthen your neck and upper shoulders.
33. **Grocery Bag Lifts:** Use your grocery bags as weights and perform bicep curls while unloading groceries.
34. **Isometric Holds:** Hold a heavy object, like a laundry basket, at arm's length for as long as possible to build endurance.
35. **Boost Your Heart Rate and Metabolism:** Dance as you move from one room to the next. Boogie to the laundry room, chassée to the bathroom, and hustle your way to the kitchen!

Incorporating these simple movements into your daily routine can help improve balance and strength without needing additional time for a workout.