



Move More, Milton!

Be active, more often

Workout “Chore”ography

Follow our household “chore”ography and discover the benefits of active cleaning!

Start your activity with a 5-minute warm up by marching on the spot to get the blood flowing. Stretch your body, arms and legs to make sure that you are ready to workout. Cool down for 10 minutes following each activity.

Tone and Tidy Time

Clear out the clutter in your home by tidying up toys, papers, books and more! Perform a lunge as you pick up a series of lightweight objects and target your legs, buns and thighs. A proper lunge is completed when one leg is bent in front of the other at a ninety-degree angle and the hips are lowered towards the floor. The knee of your front leg should not travel past your toes. Switch legs between each object to equally work both sides of your body.

Grocery Grab!

Add some fun to your grocery run! When picking up a short list of items, use a basket instead of a cart to help build upper body strength and tone arm muscles. Pick up moderately heavy items first, such as milk jugs or tin cans, to perform bicep curls and lifts as you manoeuvre around the store. If possible, use a backpack to carry your purchases and complete your trip with a bicycle ride or a walk home.

The Spin Cycle

Set your workout to the light, medium or heavy load. If your laundry machine is in the basement, run or jog up and down the stairs to give your legs a workout. While holding your laundry basket, stand with your heel off the edge of the step and perform calf raises to tone the bottom of your legs. Use wrist and ankle weights while folding laundry to increase the level of resistance.

Suds On, Suds Off

Ditch the hose and roll up your sleeves for a spring cleaning car wash. Target your back, arms and shoulders by using circular motions to lather up your vehicle. Work your lower body by walking back and forth to replenish buckets of water. Lift with your legs and squeeze in your abdominal muscles to tighten your core and give your car that sparkling shine.

Rub-a-dub Floor Scrub

Take your floors to a whole new level of clean by taking charge with a little elbow grease. Give your core and shoulders a fun-filled workout by folding a towel in half and placing it on the floor. Get into a plank position with both feet resting on the towel and slide your feet towards your hands. Squeeze and release your abdominal muscles as you slowly slide your feet back into starting position. Repeat as desired to optimize that cruuunnch!

Window Limbo

Spritz on the window cleaner and get ready to get low! Begin wiping down windows from top to bottom. Bend with the knees for lower-to-reach windows and stretch as far as possible to reach those higher up. Switch hands periodically to ensure that you are working both sides of your body. For a lower body workout, use a step ladder to reach higher windows and feel the burn on buns and thighs with each climb. You'll want to “knock on glass” when you see the results.

Top 10 Calorie-burning Household Chores

(200 calories per hour)

1. Mopping
2. Washing floors
3. Cleaning windows
4. Raking
5. Gardening
6. Washing the car
7. Vacuuming
8. Moving furniture
9. Mowing the lawn
10. Household painting



Share your successes, photos and stories on Move More, Milton's! Facebook page.

Information:

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