

Get fit without stepping foot in the gym

According to the WHO, just 20 minutes of exercise a day can already help you lead a healthier lifestyle. Our handy tips will help you achieve this – completely in your place of choice!

A lack of exercise is a risk factor

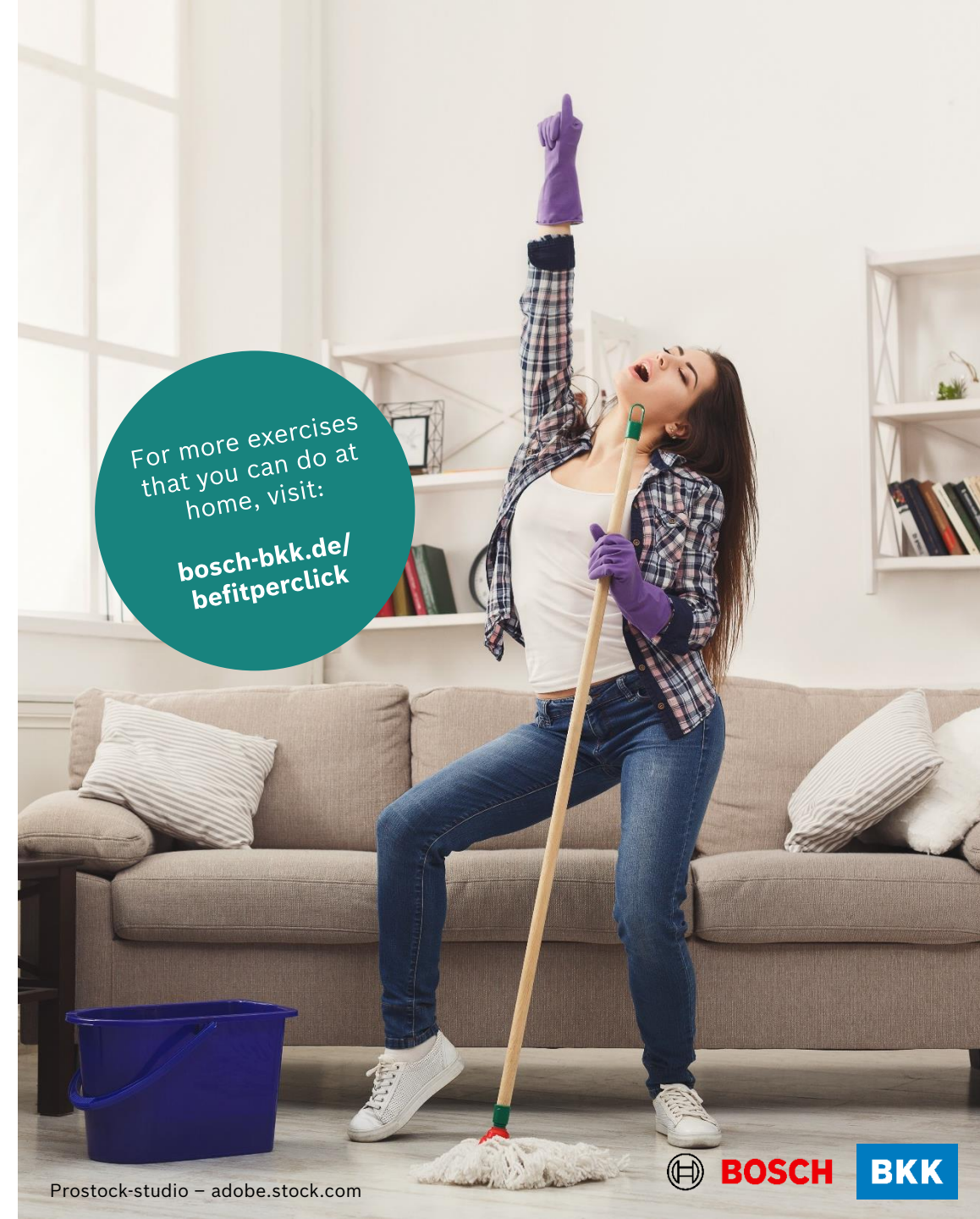
People who don't move enough risk developing certain health issues, for example cardiovascular diseases or digestion problems. So it is vital to prevent this.

Training without using gym equipment

There are lots of platforms, magazines and videos showing movement-promoting and stimulating exercises for all parts of the body. However, if you want to get fit but don't want to train in the gym, there are plenty of other options available.

Some easy ways of incorporating more movement into your day include:

- Doing squats or alternating standing on one leg when brushing your teeth
- Travelling short distances on foot or by bike
- Parking your car further away or getting off the bus one stop earlier
- Taking the stairs instead of the lift
- Intentionally using household chores, such as cleaning or gardening, as opportunities for a workout
- Meet a friend outdoors for some physical activity
- Train in front of the TV
- Dance to your favourite tunes
- Let off steam with strength, endurance and stretching exercises at home
- Start the day by doing simple exercises from your bed



For more exercises
that you can do at
home, visit:

[bosch-bkk.de/
befitperclick](https://bosch-bkk.de/befitperclick)