

FEEL FREE TO WATCH TV

In previous lessons, you've been learning about how adding movement to any activity will always burn more calories. In this lesson, we'll talk about how you can even burn calories while watching TV. **We call the process "Active TV."** Whether you're a couch potato or not, you'll love this lesson!

TV can absorb a great deal of your day or evening. It's up to you if you want to burn a lot of calories or a little during your TV time, but if you like, you could even fit in an entire workout while you're engrossed in your favorite show.

SIMPLY ADJUST YOUR TV ROUTINE TO ADD SOME LIGHT EXERCISES, LIKE THIS:

1. **Remember to fidget.** Even while you're sitting on your couch, you can burn up some calories by fidgeting.
 - Move your arms around here and there.
 - Squeeze up your toes.
 - Tap your feet on the floor or lift them up and move them around in circles from your ankles.
 - Roll your head or shoulders around.
2. **Start more activity by exercising during commercials.** If you're used to just sitting, start by doing light exercises or movements during commercial breaks, such as walking around the room.
 - Since there are multiple commercials in one hour, **you'll be surprised by how much activity you can squeeze into TV**

time.

- As you get more used to being active, add small workouts like lifting weights or jogging in place. Another option is to do yoga or aerobics.
3. **Turn it into a game.** Have fun with exercise while you're watching TV! Consider doing a jumping jack each time your favorite character does something funny or stand up each time the villain comes on the screen.
- This will encourage you to keep moving and look forward to the action on the screen.
4. **Keep snacks far away.** If you bring snacks to the TV area ahead of time, not only will you be tempted to overeat, but you'll also be losing out on the chance to move to go get them.
- **Walk to the kitchen each time you want a snack or drink.** This will force you to reconsider your food choices and make you exercise at the same time.

5. **Move exercise equipment to the TV room.** Where do you keep your treadmill? Avoid leaving your exercise equipment in a corner of a room you rarely use. Instead, put it in front of the TV.
 - You'll be able to work out and watch your favorite shows at the same time. You'll be more motivated to exercise.
 - Many people complain about how boring exercise can be at home. However, watching TV can make it fun. You may be surprised by how many miles you can run on the treadmill as you watch an action show.
6. **Compete with others.** If you watch TV with friends or family, turn it into a workout competition.
 - How many pushups can you do compared to your friend while the commercial is on? How many jumping jacks can you both do during a break?
The key is to make the competition fun and easy.
 - You can create rewards for the winners that range from silly things to serious

items. For example, one reward can be getting to choose the next show you watch together.

7. **Do simple chores.** When you're watching TV, you can still pay attention to the show while doing some chores that burn calories.

- Use your arm muscles and fold laundry.
- Sweep, mop, or dust the room.

8. **Create an obstacle course in front of the TV.**
Circuit training and obstacle courses are popular at gyms, but you don't have to go to the gym to benefit from obstacle courses. Create your own in front of the TV.

- Rearrange furniture and pillows to make a simple course.
- You can also use laundry baskets, plastic tubs, or other items.

TV time doesn't have to mean eating chips or candy while zoning out on the couch. You can use this time to exercise, get in shape, and make an active lifestyle a normal part of your routine. **Make losing weight fun when you make it a part of watching TV.**

Your living room isn't the only place you'll find hidden opportunities to burn calories. What about your yard? Stay tuned for the next lesson, where you'll discover 6 calorie burning opportunities lurking in your yard.

HERE'S WHAT YOU NEED TO DO TODAY:

This fun assignment will feel like you're taking a break! You'll be glad to know that your task for today is to watch one of your favorite shows on TV. Use one of the strategies in this lesson to burn some calories while you enjoy your show.

Make Active TV a regular part of your life. Keep this process up, adding additional activities to your TV time as you get used to your more active lifestyle.