

PARK WITH CALORIES ON YOUR MIND

As mentioned at the end of the last lesson, about burning calories while you shop, parking is part of the experience. Let's face it. Wherever you go, you need to park your car. And lucky for you, this gives you an opportunity to burn even more calories, as you'll see in this lesson.

It's easy to get into a competition with another driver and battle for the best parking spot. For some of us, this competition is a daily habit.

But what if you changed how and where you park to add more fitness to your life?

Consider how much time you waste driving around a parking lot and looking for a space closer to the door. Then, consider that you could have spent less time by parking further away and probably finished your errands sooner.

The temptation to park as close as possible to the door isn't the best choice for your health or waistline, either. Instead of thinking about the door, think about calories.

Where could you park that would support your efforts to burn calories?

Chances are, the answer to this question will enable you to avoid all that competition over by the door!

BURN MORE CALORIES IN YOUR PARKING ROUTINE WITH THESE STRATEGIES:

1. **Pick parking spots that are far away.** This goes against what you're used to doing, but it's a smart way to add more fitness. Parking spots that are far from the door force you to walk more.
 - You can get a great deal of exercise throughout your day by parking far away

and walking.

2. **Deliberately take the long way back to your car.**

Instead of looking for shortcuts, figure out how you can get more exercise.

- By picking the scenic route back to your vehicle, you'll get more steps and burn more calories. You can even walk around the parking lot a few times to get some extra fitness minutes.

Something as simple as parking far away can help you strengthen your heart and burn calories with ease. This is especially true if you park this way all the time, because this is one activity that really adds up in your favor.

Congratulations! You've reached the end of the first module in the course! The next module will show you how to burn calories at work. But first, we'll pause for a quick summary and reflection of what you've learned so far about burning calories in your everyday routines.

HERE'S WHAT YOU NEED TO DO TODAY:

The next time you drive somewhere, park far away and take the scenic route back to your car. Notice how much more relaxing this is instead of fighting the crowds. Congratulate yourself for your healthy decision and vow to make it a new, healthy habit!