

GET FIT IN YOUR COMMUTE

Welcome to Module 2! As you remember, the first module discussed how the key to burning calories is movement. You learned how you can add movement to any activity in your regular daily routines to burn more calories. In this module, you'll discover a myriad of ways to burn calories at work. First, let's start with your commute.

One of the best opportunities to add more fitness to your day is in your commute.

If you're able to bike or walk to work, then the amount of exercise you can squeeze into your mornings may be enormous. Even if you're forced to drive or take public transportation, there are ways to add more exercise.

The key is to change how you approach your commute, so you can add a workout in the morning.

CONSIDER THESE STRATEGIES TO BURN CALORIES DURING YOUR COMMUTE:

1. **Bike to work.** Many cities are committed to creating more green options and are offering more bike lanes. If your job is close enough, consider switching to biking.
 - Of course, biking is easier in warmer climates. However, even if you can only bike for a part of the year, you can make a big difference in your health.
 - **Most experts recommend that you do not try to bike more than 30 or 40 minutes to work.** You're more likely to get tired and show up drenched in sweat if you go over 40 minutes of biking.
 - You may need to pack an extra change of clothes if sweating is an issue while you bike. Also, consider the shoes you wear while you cycle. You can't do this in high heels or uncomfortable loafers. Pack shoes for the office and wear biking shoes.

- Some offices have welcoming policies for bikers and offer lockers or changing rooms. If your office doesn't have separate rooms for changing, you can change in the bathroom.
2. **Walk to work.** Walking is a good way to exercise in the morning if you live close to your job and can handle the commute on foot. Walking can burn 350 calories per hour.
- **Experts recommend that you walk five or fewer miles to work.** Going over five miles is often difficult and can leave you exhausted before your workday has started.
 - Again, consider your clothing and shoes. You must wear comfortable footwear while walking, so you may need to carry an extra pair of shoes with you or keep one at work.
3. **Stand on public transportation.** If you take public transportation, you can still find a way to stay fit:
- Standing instead of sitting on public

transportation will burn more calories.

- Dance or move around during the stops. You don't want to do this while the train or bus is moving, but dancing or moving around is fine during a full stop. Avoid running into others or making a crowded space worse.

4. **Sing while you drive.** When your only option is to drive to work, getting exercise while you watch the road is trickier. You can't stand, and trying to fidget or move around while driving can put you and the other drivers at risk on the road. However, you can sing aloud while you're driving without hurting anyone.

- **Singing can burn 100 calories per hour while you sit.**

5. **Take the scenic route to your office chair.** If your office has a courtyard or other natural spaces, take the scenic route before you sit down to work.

- Some offices offer beautiful landscaping and courtyards. Take advantage of them by showing up to work early, so you can

walk outside and enjoy nature while getting some exercise.

When you change your morning commute to add more movement, not only do you burn more calories, but you can also energize your entire day this way.

Now that you're feeling more energy after your commute, what can you do to keep up the activity? If you work in a multi-story building, or have appointments during the day in such buildings, a great way to continue burning calories is to take the stairs instead of the elevator. Learn some tricks and techniques for using the stairs in the next lesson.

HERE'S WHAT YOU NEED TO DO TODAY:

How do you get to work? Analyze your commute to figure out where you could add more movement. Take action to implement these changes.