

## 9 extra movement tips for a movement-rich life

1. Organize your kitchen in a way you need to reach high or low for the things you use the most.  
Example: put your plates on the highest shelf, so you need to move your arms high above your head, to be able to reach them. Place your mugs on the lowest shelf, so you need to squat to take them.
2. Knead your bread yourself instead of using a bread machine, mash your potatoes with a potato masher instead of doing it with a hand mixer, ...
3. Walk or hike as much as you can, instead of taking the car.
4. If you have to take the car, park a few streets away from where you need to be and walk that last bit.
5. When you have visitors coming over, go for a walk together, and have a conversation in nature instead of sitting at your table on a chair.
6. Carry things yourself. For example: instead of using a cart or trolley in the supermarket, carry your groceries yourself.
7. Sweep the floor with a hand brush and dustpan instead of a broom (start with a small space like the kitchen or bathroom)
8. If you need to iron things like handkerchiefs, kitchen towels, or sheets, why not do that on the floor? (of course, first put a large towel or another protecting fabric, so you don't ruin your floor)
9. And last but not least: have a 5-minute mini dance-party at least once a day. Put your favorite music on and jump, swing, and shake that booty!