

## How To Improve Your Physical Fitness While On The Run

Are you a busy person ? Ever think of improving your body fitness by doing simple exercises while you are on your way to office. Here are some simple exercises..1. Do a squat everytime you pick something up. Instead of bending over in the usual way, which stresses the lower back, bend your knees and squat. This forces you to use your leg muscles and will strength, and tone up your thighs. Doing these exercises several times a day will make them stonger and keep them in shape.2. Everytime you stop at a traffic light (or the bus does), tighten your thighs and butt muscles and release as many times as you can. (Don't worry, no one will see it!). This will firm buttocks and leg muscles, improve blood flow – and keep you mildly amuse too!3. Whenever you standing on a line, lift one foot half an inch off the ground. The extra stress on your opposite foot, ankle, thigh, plus your buttocks, will help and tone muscles, Switch feet every few minutes.4. Everytime you are about to lift something from top shelves, put up your arms, inhale, and wait for a minute. Now stretch up, to stand on your toes, exhale, tighten your arm muscles, and then, finally bring down whatever it was that you were searching for. This will not only help reduce sagging arm muscles, but exercise your pelvic and abdominal muscles as well. These simple exercises will keep your body fit and fine even on the busiest day.

### About the Author

Offers online courses allowing people in all walks of life to develop stronger writing.

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