



BOSCH

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Health tip

Increasing your exercise levels step by step

It is often very easy to permanently increase your activity levels each day, without it taking up too much of your time. Give it a go.

► **Run your errands by foot as often as you can**

Whether you are popping to the bakery, the local supermarket, off to the post office or have an appointment at the doctor's or hairdresser's – regularly look to see if you can run your errands without using your car. This will not only benefit your health, but also the environment.



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► **Discover new paths**

If you always use public transport, why not simply get on or off one stop further away and walk a bit further? You can discover interesting new places in the process.



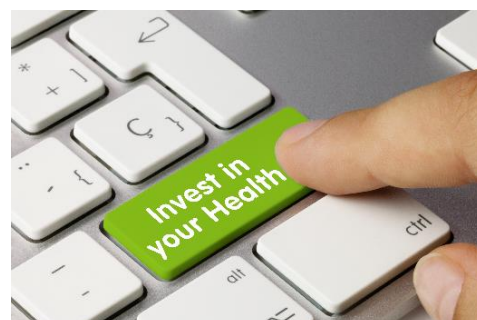
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► **Make the most of waiting times**

Are you too early for an appointment so have a long time to wait around? Do you automatically sit down and take out your smartphone or a magazine? Make the most of the time and go for a short walk, for example.

► **Park at the furthest point away**

Shopping centres generally have large car parks. Why not deliberately choose a parking space which is further away from the entrance? This will also count towards increasing your exercise.



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► **Don't use the lift**

If the stairs are easy to reach in a building, use them rather than lifts or escalators. This will keep you fit in the long run.