

● Your Perfectly Organized Life

Hate exercise? You won't even *feel* these!

No time and no inclination for a heavy-duty workout? Wish there were easier ways to burn calories? There are! Simply go ahead and ...

1 Clip on a pedometer!

Surveys show people who wear this device, which counts the steps you take, tend to walk more. And 2,000 extra steps equals 100 more calories burned, points out Victoria Moran, author of *Fit from Within*. Pedometers start as low as \$12.

2 Pick up the pace!

Moving a bit faster than usual and swinging your arms while you walk can boost calorie loss by 20%, explains Los Angeles health coach Jackie Keller, founder of NutriFit.

TIP To burn even more, wear a heavy backpack or walk up or down a hill.

3 Sneak in the moves!

Why not stretch at your desk or do some leg lifts as you wash the dishes? Over time, those mini-workouts can add up to major benefits, says Debbie Mandel, author of *Changing Habits*.

TIP Just tapping your toes can help—fidgety folks have been found to be thinner!

4 Put heft into housework!

"Just 20 minutes of cleanup can give you a total-body workout," says Mandel. For example, do lunges as you vacuum, or stretch while you dust your bookshelves!

5 Imagine exercising!

Our muscles respond to mental images by mirroring them in motions too small for us to notice, scientists have discovered. So visualizing a workout gives you 15% of the benefits of a real one!

6 Schmooze while you lose!

Have a friend or co-worker you'd love to spend more time with? Schedule a lunchtime or after-dinner stroll together. Walking feels less like work and seems to go faster—so you often walk farther—when you do it with someone whose company you enjoy.



Did you know?

Walking right after eating a big meal keeps fat from depositing on your hips!

—Barbara Hustedt Cro