



Make Every Day a Fitness Day

Try these four tips to incorporate exercise into your regular activities.

January 9, 2023 By Craig Ramsay

1. Start your day with energy and enthusiasm. Putting a bounce in your step will keep you on your fitness path.

2. Clean your house and shape up! Do a few lunges in between picking things up from the floor. Do some squats while loading the dishwasher. Do a few calf raises while folding the laundry.
3. It's easy to find ways to work out while running errands. Park your car as far away as possible in the lot to get in some extra steps. Have a choice between stairs or the elevator? Start climbing.

4. Staying in and watching TV? Try stretching, or do some sitting squats while you're on the couch.

Craig Ramsay is a fitness expert, author and winner of season 8 of The Amazing Race Canada. Follow him on Instagram at [@craigramsayfit](https://www.instagram.com/craigramsayfit).

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