



January 16, 2010 – Valley Forge, PA

Bit Fills

Last Monday, I asked you to keep track of the extra bits of time you had in your day that lasted at least 30 seconds, and I told you I'd give you small exercises to do that will burn calories at the least, and if you do them regularly—make them a habit—can increase your fitness level at the same time.

Before I get to the list, keep in mind that some of them may seem silly, and you'd only want to do them when you're alone. But keep this in mind. You're trying to overcome the conveniences of today that have reduced caloric expenditure. Opening a can used to require hand and arm strength as you turned the opener for 15 to 30 seconds. Now, you hook it up to the can opener and eat part of what you're trying to prepare in the time it takes to open. Maybe it was only two or three calories but when you add up all the conveniences that we have today, it adds up to a lot of calories that we're not burning. That's what filling in the bits is all about.

The First 10 Bit Fills

There are rumored to be 50 ways to leave your lover, and I know there are at least 50 ways to increase the calories you burn in those bits of time. I'm going to give you 10 today, and by Wednesday, I'll post the paper with all 50 in The 30 Pound Club section of drchet.com. You don't have to use them all. Some will seem corny or impractical, and maybe you can't do them at work, but you'll find some things to fill those bits and burn some extra calories, and maybe improve your posture and get you fitter at the same time. I won't explain why these will burn calories because that would take forever—to use the old Nike expression, just do it.

When you're standing:

1. Walk or pace when you talk on the phone.
2. Waiting for an elevator, stand tall, belly in, and chest out. Take a 4-second breath in and a 4-second breath and out.
3. Take the elevator to one floor short of your destination and walk up the last flight.
4. I-don't-knows; slowly try to touch your shoulders to your ears, and repeat 5-10 times.
5. Park farther away from where you're going and walk—providing it's a safe area.

When you're sitting in a chair—and it's a given that you're sitting erect with both feet on the floor:

6. Try to touch your elbows together behind your back. Hold for 3 seconds and return to starting position.
7. Take your left arm, place it over your head so that your hand can touch your right ear, then do a side bend to the right. Repeat five times. Reverse hands and bend to the left for 5 times.
8. Do the "pump up the volume" movement 10 times with each arm.
9. Every time you finish writing an email, stand up and sit down 5 times.
10. Breath in and expand your chest as much as you can; exhale and try to have your belly button touch your spine. Repeat 5 times.

And here's one more bit of time you may not have thought of: while you're listening to the Message from Dr. Chet. Most days, there will be a speaker icon in the message—just click on it and get moving as you listen instead of read.

More where those came from. Until then:

What are you prepared to do today?

Dr. Chet



WGUV Straight Talk on Health

Hear Dr. Chet's take on the latest health news and research—listen to *Straight Talk on Health* at 7 p.m. Sunday in the Eastern Time Zone on WGUV-FM 88.5 or 95.3, or listen live via the Internet by going to www.wgvu.org and clicking on "Listen Live" in the gray bar at the top.

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