

7 ways teachers can fit exercise into their day

A while ago we asked you...

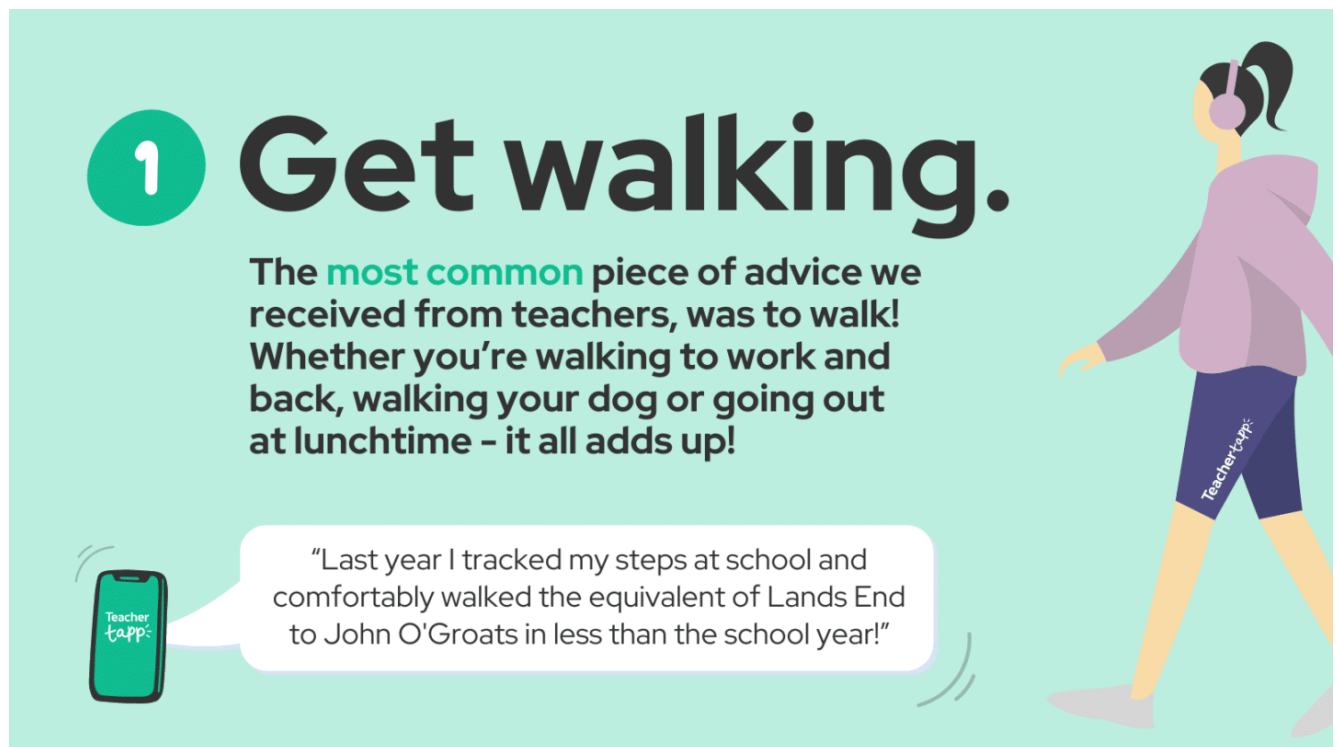
"If you could have a book that told you how to do anything, what would you want to know?"

One of the most popular requests was: How can I be a teacher and stay healthy?

So, we asked you for your wisest tips for teachers who are struggling to fit exercise into their day ■, and here's what you said!

1. Get walking

The most popular piece of advice you suggested was to walk! Whether you're walking to work and back, walking the dog, or getting some fresh air at lunchtime, it all adds up to your step count! ■■



2. Move in the morning

Sometimes it's easier to get your exercise out of the way in the morning – and you'll feel energised for the day ahead. One Tapper said, "Think small. Try skipping for two minutes every day. Just two minutes!"



3. No time in the AM? Do it after school!

Finding the time after school can be difficult, so some of you suggest aiming to leave work earlier a couple of times a week. If you're exercising from home, do it as soon as you get back...don't sit down!

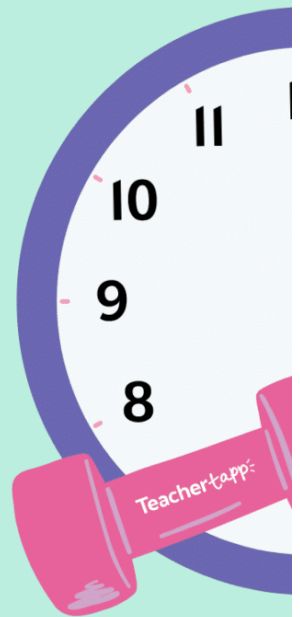
You've been warned ■■

3 No time in the AM? Do it after school!

Some Tappers suggest finding a gym on your route home or **prebook a class** so you *have* to go. Aiming to leave work earlier a couple times a week, was also a popular tip!



"If exercising from home, do it as soon as you get back. Don't sit down. It's fatal!"



4. Use school time to exercise

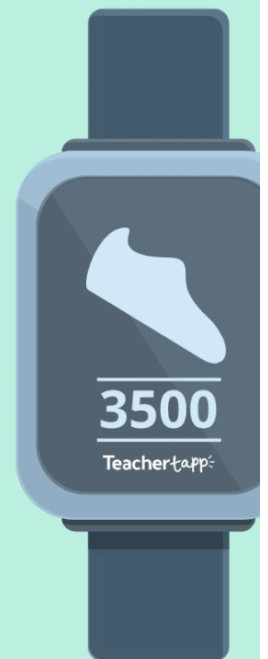
Make the most of your time in school and get those steps in! Walk to the loo furthest away and circulate the classroom. One Tapper said they use 'laps' of the classroom as a timer. Tell your students they've got '3 laps' to do a task and watch your step count go UP!

4 Use school time to exercise.

Get moving during school hours - walk to the loo furthest away, walk around your classroom and make the most of your staircases (if your school has them!). You'd be surprised how many steps you do as a teacher...

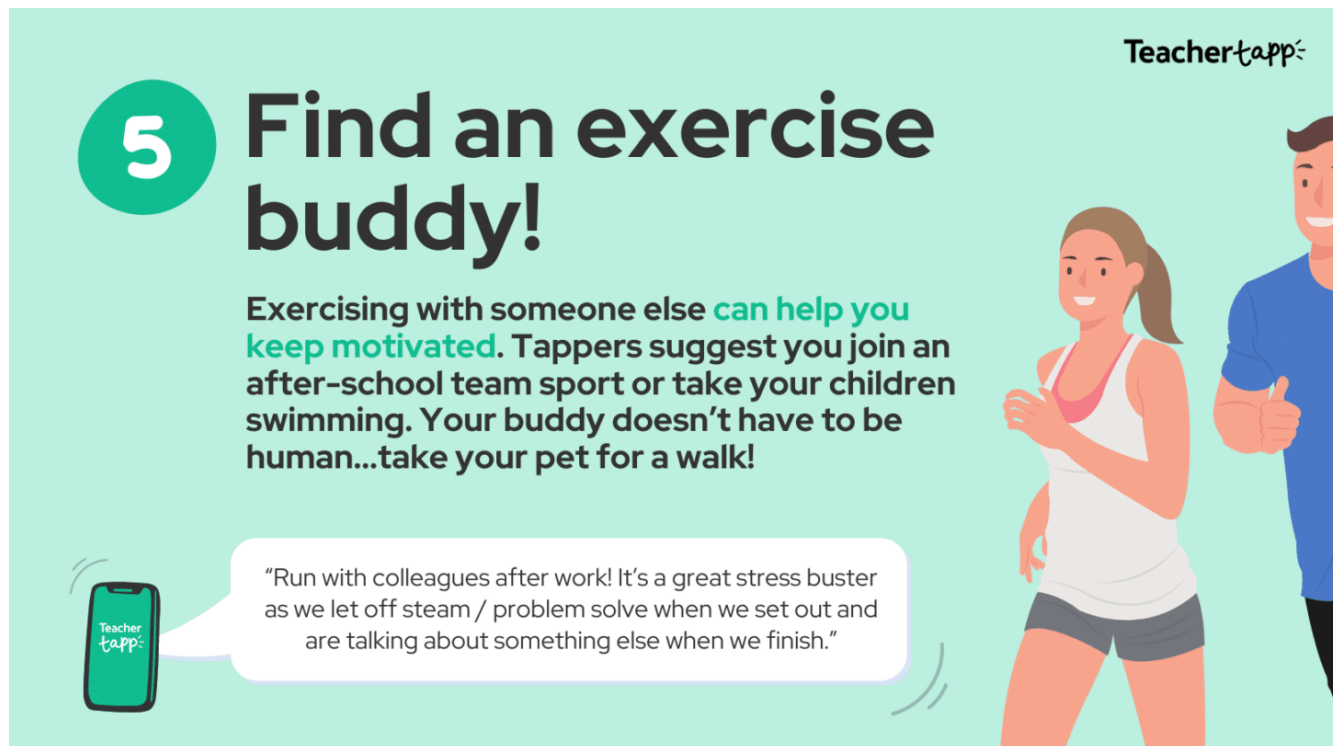


"I use 'laps' of the classroom as a timer, so I tell the students they've got '3 laps' to do said exercise and I'll do laps, sometimes lunges - the kids love it!"



5. Find an exercise buddy

Exercising with someone else can keep you motivated. It can be a colleague, family member or even your pet! Grab a teacher friend and head out for a run after work to combat your stresses of the day ■■

An infographic with a light teal background. In the top right corner is the 'TeacherTapp' logo. On the left, a green circle with the number '5' is next to the title 'Find an exercise buddy!'. Below the title is a paragraph of text. To the right of the text is an illustration of a woman and a man running. At the bottom left, a smartphone icon with the 'TeacherTapp' logo is next to a speech bubble containing a quote.

5 Find an exercise buddy!

Exercising with someone else **can help you keep motivated**. Tappers suggest you join an after-school team sport or take your children swimming. Your buddy doesn't have to be human...take your pet for a walk!

"Run with colleagues after work! It's a great stress buster as we let off steam / problem solve when we set out and are talking about something else when we finish."

6. Make it suit you

It's important to make exercise something you look forward to and that easily slots into your average day. YOU suggested a variety of ways to get active including: YouTube, yoga, weighted hula hoop and cleaning.

Remember: It doesn't always have to be 'organised' exercise!

6 Make it suit you.

It's important you make exercise something you look forward to and that easily slots into your average day. Tappers suggested a **variety of ways to keep fit**: Yoga, watching Joe Wicks on YouTube, weighted hula hoop, cleaning, even doing 10 press-ups before each time they visit the loo...



"Remember it doesn't have to be 'organised' exercise."



7. Prioritise YOU!

The best way to fit exercise into your teaching day is to physically put it in your calendar. One Tapper said it all: "Prioritise your own health - those books can wait a bit longer, your mental and physical health can't!"

7 Prioritise YOU!

The best way to fit exercise into your day, is to physically **put it into your calendar**. Use exercising as thinking time and as a way to burn off the stress of the day.



"Prioritise your own health - those books can wait for a bit longer, your mental and physical health can't!"



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