**Sport and a healthy lifestyle[[1]](#footnote-1)**

Exercising and doing sports is essential for a healthy life style.

When people are overweight and want to lose weight they often start doing sports or going to the gym. But usually you have to change your whole lifestyle.

Most people don’t get enough exercise in their daily lives. Students sit in school for hours and then they sit in front of their PC at home and watch Netflix series in the evening.

Does that describe your lifestyle? Then you should add some physical activity into your daily life: take the stairs whenever possible, walk to school or to the shop, go for a walk in the afternoon, do some yoga when you get home, go for a bike tour, meet friends to play football ... . All these little activities add up and make you feel better.

**Here are some easy exercises you should add to your daily routines:**

1. You sit on your chair. Cross the right leg over the left one. Turn your upper body left towards the leg and put your left hand on the right knee. *10 seconds*
2. Switch sides and repeat the exercise. *10 seconds*
3. Sit straight on your chair. Put your hands together, interlace the fingers, turn your hands to the front so that the palms face forward and stretch your arms. *10-20 seconds*
4. Get up. Put your arms behind your back. Grab your left wrist with your right hand and pull while leaning your head to the right. *10-12 seconds*
5. Switch sides and repeat the exercise. *10-12 seconds*
6. Put your arms over your head, with your left hand hold on to the right elbow behind your head and lean to the left. *10 seconds*
7. Switch side and repeat the exercise. *10 seconds*
8. Make sure you have enough space around you. Do the jumping jacks. *ten times.*

1. Bilder von [Peggy und Marco Lachmann-Anke](https://pixabay.com/de/users/Peggy_Marco-1553824/?utm_source=link-attribution&utm_medium=referral&utm_campaign=image&utm_content=2566578) auf [Pixabay](https://pixabay.com/de/?utm_source=link-attribution&utm_medium=referral&utm_campaign=image&utm_content=2566578) [↑](#footnote-ref-1)