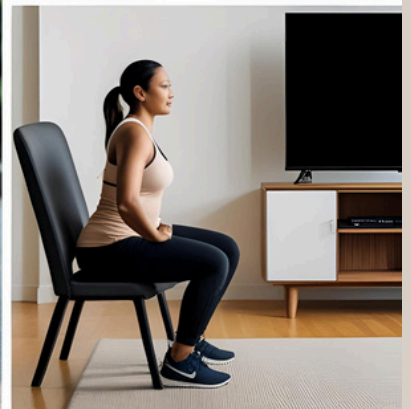


# Your Ultimate Guide to Sneaky Fitness & Unconventional Exercise



## MOVE IN MAY PLAYBOOK

Written By  
Robo Joan

# Introduction

## **The Run2Win Move In May Playbook: Sneaky Fitness for Your Busiest Days**

Welcome to Your "Move In May" Movement Revolution!

Remember the energy, the excitement, the daily discoveries of our Run2Win Move In May Challenge? You embraced the call to break free from sedentary habits, proving to yourselves and the world that fitness doesn't have to be complicated, time-consuming, or confined to the four walls of a gym.

This mini e-book is a celebration of that spirit and a lasting resource born from our collective journey. Its theme is simple, yet profoundly transformative: helping you master the art of sneaking purposeful exercise into your busiest days through creative, unconventional, and joyfully effective ways.

Let's be honest. We often hear  
– and perhaps even say – "I'm too busy to  
exercise." Yet, somehow, time magically appears  
for scrolling through Facebook or indulging in  
that captivating Netflix series.

At Run2Win, we don't see this as a point of guilt,  
but as an opportunity! What if those moments  
could also be pockets of energizing movement?  
What if that one-hour Netflix episode could  
include a sneaky 10-minute fitness boost that  
leaves you feeling invigorated rather than  
sluggish?

This guide is packed with the very principles and practical hacks we explored during Move In May. We'll show you:

How your busiest workdays – the very reason you might feel "stuck" – can become your fitness playground. Didn't your schedule stop you from getting to work? Then let work work for you! Choose the stairs instead of the elevator. Transform that brainstorming session with your team into a dynamic standing or walking meeting.

How to turn everyday errands and household chores into mini-workouts.

How to leverage "Deskercise" and "Couchercise" to keep your body active and your mind sharp, no matter your environment.

How simple bodyweight exercises, mindful walks, and even joyful jumps can accumulate to create significant positive change in your energy, mood, and overall health.

The "Move In May" philosophy is about shifting your mindset from viewing exercise as a burdensome addition to your schedule, to seeing it as an integrated, essential, and even fun part of your existing lifestyle. It's about making movement intuitive, accessible, and sustainable.

This resource is designed to be your go-to playbook, a source of inspiration and practical ideas that will continue to evolve year after year, just like your own fitness journey. Whether you participated in the live challenge or are discovering these principles for the first time, the strategies within these pages are timeless.

So, dive in. Revisit your favourite unconventional moves. Discover new ones. And most importantly, keep finding those ingenious ways to "sneak in" exercise, because every small step, every creative movement, is a powerful stride towards a healthier, more vibrant, and unchained you.

Let's keep moving,  
Run2Win style!

Warmly,  
Robo Joan

# **Run2Win's Top 10 "Sneaky Fitness" Staples from Move In May**

Welcome to the heart of your Move In May Playbook!

Here are 10 of our favourite, tried-and-true unconventional ways to weave movement into your busiest days. These are designed to be simple, accessible, and adaptable.

Remember, the goal is to make movement a natural part of your rhythm. Feel free to modify, combine, and most importantly, find what brings you joy!

This list will keep evolving each year as we discover new ways to sneak exercise into our routines, and we encourage you to add your own creative hacks to your personal fitness arsenal!"

# The Neighbourhood Explorer Walk:

**The Move:** Dedicate 15–30 minutes (or more!) to a brisk walk, specifically to explore your own neighborhood or a nearby park.

**The Sneaky Genius:** Turns a simple walk into an adventure. You get fresh air, steps in, and a new perspective on familiar surroundings. Perfect for a Saturday morning reset or an evening wind-down.

**Level Up:** Try a new route each time, incorporate hills, or vary your pace.



# **The Soulful Stroll (Prayer/Gratitude Walk):**

**The Move:** A 15-20 minute walk where your mental focus is on prayer, expressing gratitude, or mindful reflection.

**The Sneaky Genius:** Combines physical well-being with spiritual and mental nourishment. It's a moving meditation that can be done anywhere, even pacing in your living room.

**Level Up:** Create a specific prayer list or gratitude prompts for your walk.

# **The Stairway to Strength Challenge:**

**The Move:** Consciously choose stairs over the elevator/escalator. Aim to accumulate 5-15 flights throughout your day. No stairs? Do 50-150 step-ups on a sturdy step or curb.

**The Sneaky Genius:** An incredible lower body and cardio booster hidden in plain sight. Every flight is a mini-win against a sedentary moment.

**LEVEL UP:** TAKE TWO STEPS AT A TIME (CAREFULLY!), OR SLIGHTLY INCREASE YOUR PACE.

# **The Mid-Week Mover Dance Break:**

**The Move:** Put on your favorite upbeat music and DANCE for 10-15 minutes. No choreography needed!

**The Sneaky Genius:** An instant mood-lifter and calorie-burner. Perfect for shaking off stress or a mid-day slump. Do it while cooking, cleaning, or just because!

**Level Up:** Learn a few simple moves from an online tutorial or challenge yourself to dance through 3-4 full songs.

# The Active Errand Overhaul:

**The Move:** Intentionally add movement to your errands. Aim for 2-3 of these hacks each time you're out:

Park further away from the store entrance.

Use a shopping basket instead of a trolley for lighter loads (hello, arm workout!).

Walk or cycle for short errands instead of driving.

Take the stairs in shopping malls or office buildings.

**The Sneaky Genius:** Transforms mundane tasks into opportunities for activity, making every outing a bit healthier.

# **The Jump Rope (or Phantom Rope)**

## **Spark:**

**The Move:** 5-10 minutes of jumping rope. If you don't have a rope, "phantom rope" by mimicking the arm and foot movements.

**The Sneaky Genius:** A quick, high-intensity cardio blast that can be done in a small space. Excellent for boosting heart rate and coordination. Do in intervals (e.g., 1 minute on, 30 seconds off).

**Level Up:** Try different jump rope techniques (if using a real rope) or increase your "on" intervals.

# The "Stand Tall, Sit Less" Revolution:

**The Move:** Consciously make an effort to stand more throughout your day. Aim for an extra 30-60 minutes (or more!) of standing time.

**The Sneaky Genius:** Combats the negative effects of prolonged sitting. Stand during phone calls, for a portion of your computer work (if possible), while watching TV, or during meetings.

**Level Up:** Invest in a standing desk converter, or actively choose standing meetings/walking meetings.

# The "Joyful Jack" Commercial Break:

**The Move:** During commercial breaks of your favorite TV program, do jumping jacks.

**The Sneaky Genius:** Turns passive screen time into an active burst. You can even "dance" your jumping jacks to the music of the commercial!

**Level Up:** See how many jacks you can do during one commercial break, or alternate with other quick moves like high knees or butt kicks.

# Deskercise Delights (Your Office/WFH Power-Up):

**The Move:** Incorporate simple exercises right at your desk. Examples:

Chair Squats: Stand up, sit down slowly, 10-15 reps.

Desk Push-ups: Hands on sturdy desk edge, 8-12 reps.

Shoulder Blade Squeezes: Hold for 5 secs, repeat 10x.

**The Sneaky Genius:** Fights off "desk-bound" stiffness and boosts circulation without leaving your workstation. Take a 5-minute Deskercise break every 45-60 minutes.

**Level Up:** Explore more Deskercise options (see our full guide/future resources!).



# **The Walking Meeting/Brainstorm:**

**The Move:** Instead of a seated meeting, suggest a walking meeting for 1-on-1s or small group discussions, especially for brainstorming sessions.

**The Sneaky Genius:** Boosts creativity, energy, and engagement while getting steps in. Fresh air often leads to fresh ideas!

**Level Up:** Map out a few standard walking routes of different lengths near your workplace.

# The Movement Never Stops... Get Ready for Next Year!

We hope this "Move In May Playbook" has armed you with incredible tools and a renewed perspective on integrating fitness into your life. The principles of unconventional movement, sneaky fitness, and finding joy in activity are timeless. But the journey and the innovation don't end here!

At Run2Win, we're always exploring, creating, and seeking new ways to help you break those sedentary chains and live your most vibrant life. The Run2Win Move In May Challenge will return next year, bigger, brighter, and packed with even more creative strategies, fresh insights, and community fun!

What can you expect?

New and exciting daily "sneaky fitness" prompts!

Deeper dives into making movement work for your specific lifestyle

More ways to connect with the inspiring Run2Win community. Perhaps even some new "Deskercise" or "Couch Commando" routines!

Stay connected with Run2Win Fitness & Wellness!  
Follow us @Run2WinFitness on [Facebook,  
Instagram & LinkedIn] and keep an eye on  
[[www.run2winfitness.com](http://www.run2winfitness.com)] for announcements.

The best way to prepare for the next Move In May  
is to keep these current principles alive in your  
daily routine. Keep exploring, keep moving, and  
remember – every step, no matter how  
unconventional, counts!

We can't wait to Move With You Again Next May!