







## Real Life Lunges: How To Get Stronger Without The Gym

Is your life too busy? Is it so busy you don't feel like you enough time to move?

If you're like me and 99% of the people I know, the answer to both these questions is yes.

We have a culture of business and a culture of not moving and together it means that our bodies suffer from a widespread lack of movement.

It kinda sucks.

But, what if there was a way to improve your strength, flexibility when you're basically just hanging out? A way to get a workout every time you sat down to dinner? Away to build a great butt when you're chilling in your living room?

Well, guess what – there is!

So I'll just get this out now.

**YOU NEED THIS IN YOUR LIFE! BADLY!**

## Move More With Less Furniture

Getting more movement while you get your life done is possible, and all it takes is creativity, rethinking your environment and maybe some experimentation.

One of the best ways to change your environment is to change how you use furniture.

Instead of always sitting on chairs, sofas, benches, whatever, practicing sitting on the floor can give you lots more movement. You get variety – because you can put your legs and hips into all sorts of shapes that chairs don't really allow. And you get strength, because ya gotta get up and get down. (Learn more about [why floor sitting is your secret wellness weapon in this post.](#))



