

Get Fit Without Leaving Your Car

Who needs a gym when you can work up a sweat behind the wheel?

Feel like you'd exercise more if your daily commute wasn't eating up your free time? Maybe your commute can help you get buff! Check out these car-friendly strengthening moves, courtesy of fitness experts Dayna Bango of bangobody.com and Denise Tryner of denistryner.com. Sneak 'em in when nobody is looking!



When you're stopped at a traffic light

Tighten Your Abs

1. Sit up tall and draw your belly button in toward your spine.
2. Hold and squeeze your ab muscles for a count of four.
3. Inhale, release and repeat until the light changes to green.

Boost Your Butt

1. Sit up tall with your belly button in. Squeeze your butt muscles.
2. Hold for a count of four and release.
3. Repeat until the light changes to green.

When you have parked at your destination (or are stuck in heavy traffic — with your car in park!)

Build a Stronger Back

1. Drop your shoulders down and grip the steering wheel at 3 and 9 (as if it were a clock).
2. Pull the steering wheel toward you while squeezing your shoulder blades together for a count of five.
3. Release and repeat 10 times.

Firm Up Your Chest

1. Place your hands on the steering wheel at 3 and 9, with your palms facing away from you.
2. Press your hands as if you were trying to push the steering wheel away from you, for a count of five.
3. Release and repeat 10 times.

Tone Your Inner Thighs

1. Place a rolled-up cardigan or towel between your knees.
2. Squeeze your thigh muscles for a count of five.
3. Release and repeat 10 times.

Sculpt Your Legs

1. Lift and flex one foot so your toes point toward your body.
2. Rotate your foot to the right and point your toe. Flex and bring back to the center.
3. Rotate your foot to the left and point your toe. Flex and bring back to the center.
4. Continue alternating sides until you feel a slight burning in the front of your shins, then switch legs.

TAKE IT ON THE ROAD

Here's what drivers say they have done while driving:

Sing **68%**

Eat a meal **41%**

Comb their hair or apply makeup **16%**

Read a newspaper, book or magazine **6%**

Fall asleep **6%**

SOURCE: PEW RESEARCH CENTER