

# Enjoy all movement!

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Beginners should learn to accept their exercises and activity as a part of their life, so they should not limit them to their training sessions. We should increase our physical movement in all our daily activities. If you want to burn additional calories, why not avoid the stress of traffic and looking for a parking spot by riding the bicycle instead of driving the car? And, instead of waiting for the lift walk up those stairs; your buttocks will benefit, too.