

# New Year, Lazier You! How to Maximize Your Inactivity in 2016

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People



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The new year is quite the time to be a human.

For the sake of reaching self-actualization in the form of their #bestlife, all across the world people are excitedly committing themselves to who they want to be in 2016.

For some, that means putting in extra hours at the gym, making an effort to read more or sticking to a heart-healthy diet. For the sane among us, it means devising ways to be even more sloth-like than we already are.

So, while the world around you attempts to bully you into living a proactive, on-the-go lifestyle, we'll guide you through becoming the person you actually want to be in 2016.

Here are the best ways to better sit down for what you believe in: laziness.

## 1. Replace travel, going outside with a virtual reality device

News flash: it's almost 2016. In this glorious era, you don't have to actually go anywhere to be somewhere. Simply purchase [Google Cardboard](#) or a similar virtual reality phone mount, download a few apps and soar off to every corner of the Earth – and beyond! You could also build your own cardboard viewer yourself, but that sounds like a few minutes of unnecessary labor to us. In any case, this is the perfect way to feel like you're, say, frolicking in a sun-soaked valley when you're actually warmly encased in a blanket burrito and becoming one with your couch.

## 2. Get everything delivered

Thanks to the advent of alcohol delivery services, there really is no reason to ever leave your house for the sake of supplies. Groceries, laundry and pretty much anything you can imagine via Amazon can arrive right to your door. Ensure you never have to put clean pants on/interact with more than one human a day by embracing the magic of delivery in all areas of your life.

## 3. Negotiate working from home

While we're on the topic of never suffering from the horrors of human interaction again, might we suggest removing face-to-face communication as an occupational hazard? In this day and age, many computer-based office jobs can be done from the sweet embrace of your bed! Just explain to your boss the economic advantages of never having to be in the same room together. Like, you'll even absorb the electrical costs of running your computer. It's really what's best for the company. If you can't convince your boss to see the light, consider placing a hologram, elaborate mannequin or even a cardboard cutout of yourself at your desk to replace you while you actually work from home. They'll never know the difference!

#### **4. Use a wireless key finder ... on everything**

There are a variety of key finding devices currently on the market ([Tile](#) for example) and they're all perfect for those of us who frequently lose things in the disorderly mess that is our lives, but are also too lazy to be bothered to climb around the apartment looking for said things. And don't limit yourself to attaching them to your keys! They can be affixed to remotes, purses and even your cat for the moments when you want to cuddle without going through the hassle of searching all of Fluffy's favorite hiding spots.

#### **5. Spend a day following your cat around and doing her favorite things (sitting, sleeping)**

Speaking of Fluffy, bonding with your pets is a great excuse to sleep 22 hours a day. Explain to your friends and family that you'll be unavailable for the day, weekend or month because you're trying to better understand the lifestyle of your furry friend. Then, let your cat introduce you to her leisurely ways. This method is less effective with dogs, who tend to be invested in you being more active than Jabba the Hutt.

#### **6. Use online doctors**

Healthcare – it's so inconvenient, am I right? Who wants to shower off their body odor, put on pants, lug themselves downtown and sit in a waiting room for an hour just to make sure they aren't dying? No one, that's who. In 2016, say "No" to mildly strenuous visits to the doctor's office. With services like Teladoc, [MeMD](#) and MDLive, you can have a real-live medical professional take a look at that rash from the comfort of your own poorly maintained home.

#### **7. Just don't vote**

Everywhere you look someone is freaking out about what this candidate said, or complaining about that candidate's policy. Who has the time to keep up with it all? Not you, you have like a trillion shows waiting in your Netflix queue. Instead of overworking your poor brain researching all the various candidates and their platforms, make the decision to affect change by not affecting anything and just don't vote. If anyone gives you a hard time about your Democracy-eschewing ways, tell them you're acting in solidarity with the millions of people across the world who haven't been burdened with the right to vote or whatever. Goodness, you are so selfless.