

# 5 Ways to Find Time for Your Workout

Lack of time seems to rob us of the ability to exercise because of responsibilities related to family, work, community, travel, and so on. Sometimes exercise seems like a luxury that ends up last on your list. But if you can find the time and get to working out in some way shape or form, then ultimately you have more to give to all of your other endeavors because your self-esteem increase, your energy and in turn your productivity. Don't let exercise seem like a "nice idea," but make it a realistic one. With little creativity many people find the time for fitness and are able to handle all of their responsibilities with vigor and effectiveness.

## **Focus on the Benefits**

Exercise helps with weight control and weight loss, strengthens muscles, keeps bones strong, relieves stress, improves sleep and mood, and reduces the risk of countless diseases and so on. If you reap these benefits, you may find yourself getting things done faster and more efficiently in all areas of your life--giving you more time and energy to put back into exercise. But remember to consult a doctor before beginning any exercise program and when you get the OK find time to take on a group class, a boot camp, or personal training.

## **Work Fitness into Your Workday**

Don't let your 8 hour job keep you fat and not fit. Fitness enthusiasts find small ways to work in physical activity even outside of the gym. Park on the other side of the parking lot from your place of work (yes this does count as exercise). Or get off the bus a stop or two early and walk the rest of the way to your home or office. Climbing a flight of stairs is a great exercise, too. You can also do a few sets of jumping jacks on your lunch break or every half hour. Try one-legged or two legged squats in the lunch room (hold onto a wall or table for support). Place both hands on your chair arms to work your shoulders and arms (make sure it's a steady chair without wheels). Slowly lift your butt off the seat. Lower yourself but stop short of touching the seat with your butt. Do as many repetitions as you can. For flexibility, you can do neck rolls, shoulder rolls, and quad or hamstring stretches while standing at your desk.

## **Workout Around the House**

Take the dog for a walk or a jog. Keep on walking! You can also do jumping jacks, run in place, sit ups or jog in place while watching TV. Push-ups, sit ups, or planks can do wonders during commercials or in between shows. Don't let your children hold you back because they can benefit from physical activity too. You can walk or jog in the park, play ball, ride bikes, hike, and swim during the summer. While your kids play sports you can walk or jog around the field. Research community activities like local boot camps, mommy and me classes, indoor basketball. Or a number of your community sponsored programs.

## **Workout here... Workout there...**

Make it a point to pick up the pace whenever you find yourself walking at the store, walking to the bus stop, or at the field where you kids practice sports. When shopping, make it a point to not only shop healthy but quick and efficiently. You can curl your basket full of groceries. And again, park a ways from the front entrance to get that extra few calories burning..

## **All You Need is 30 Minutes 3X's per week**

Find the time to exercise at home, at work, at the gym, or anywhere that you can. Working out doesn't have to be impossible but can be accomplished just 30 minutes per day 3 times per week to make a difference in the way you look and feel.