

Fitting in fitness

when life is busy



Regular exercise improves your physical and mental health in many ways. Despite its benefits, exercise can be hard to fit into a busy schedule. But no matter how busy your life is, there are ways to make physical activity a part of your routine. Try these small steps to work toward a more active life.

Focus on small chunks of time.

Many people feel overwhelmed when they think about having to exercise for 30 to 60 minutes. But even 10 minutes of exercise has health benefits. Instead of surfing the web for 10 or 15 minutes, turn on some music and dance, climb the stairs or take a walk.

Schedule it in.

Most people have at least a few minutes a day they could spend doing exercising instead of leisure activities. TV or Internet time are great examples of things you could cut back on to make time for physical activity. Put your exercise time in your calendar or set an alarm to remind you to get up and move.

Make it convenient.

Try to find a gym that's close to your home or work so you can stop by without going out of your way. Or, check out fitness DVDs from the library to use at home. If you make it easier to get started, it may be easier to stick with it.

Don't forget about weekends.

Use your days off to get in a few extra minutes of exercise. Instead of quick 10-minute walks, make it 30 minutes. Or, go to a park or walking trail and enjoy the scenery and the extra time for yourself. Go for a family exercise outing to help everyone get healthier!

Make the most of break time.

Take just five to 10 minutes to walk around the building or up some stairs when you have a break from work.