

Fitting Exercise into your Schedule



Clock In

Making the time for exercise

Everyone is fighting the time crunch these days. Our workouts are often the first things to go when the rest of life gets in the way. Don't let your exercise fall to the bottom of your priority list – making time to be active isn't as difficult as you think. Taking a closer look at your day may reveal more time for exercise than you thought – even if it is only or 10-15 minutes.

Tricks of the Trade

Put it on paper – Appointments with your physician go on your calendar. Work obligations

do too. Why not treat your workout the same way? Put exercise in your planner and try to schedule other things around it.

Look for small blocks of time

– You don't need 60-90 minutes to get a good workout - a simple fitness routine can take as little as 15. Search your daily routine to find small blocks of downtime and then use them wisely.

Early bird – Set your alarm 45-60 minutes earlier and get your workout finished first thing. It may take some getting used to, but you'll feel a sense of accomplishment all day and have one BIG thing crossed off your to-do list.

Walk 'round the block – Sometimes the best time to exercise is at home after work. Walking around your neighborhood is easy and inexpensive. Who needs a gym? A good pair of shoes will do!

Workin' It at Work

Lunch 'n burn – Instead of using your entire lunch break to eat, spend the first 10-15 minutes walking. You'll get the benefits of exercise and feel refreshed for the afternoon ahead.

Take the scenic route – Whether you're headed to the restroom, copy machine or water fountain, take the longest route you can find. Every step counts.

Walk it out – Rather than holding sit-down meetings or brainstorm, try meeting while walking.

Every bit counts – Park your car further away than you normally do. Walk to a co-worker's office to deliver a message or talk. Small changes can add up to BIG rewards.



This Week's Challenge

Never pass up an opportunity to walk. This may mean always having your walking shoes available. When the opportunity comes up – walk it!

5 Questions

1. What are the motivational factors influencing you to increase your physical activity?
2. Are there errands you can do by walking instead of driving?
3. What social forces (people, places, policies) help you increase your physical activity?
4. What materials and/or resources would help you best reach your goal?
5. Is your work or home environment hindering you from becoming and staying physically active? What steps can you take to improve this?