



Lady of America Newsletter - November 2009 - Be Thankful Issue

Fitness: Hectic Days Need Exercise

Understand the benefits of maintaining an exercise routine, such as stress control and good health.

There never seems to be enough time to do the things you want to do, yet you manage to. Between working 8-plus hours a day, running errands and taking care of the house and children, do you really have the energy [or desire] to exercise? Chances are your answer is no, yet you find a way to make it to the gym or to a fitness class on a regular weekly basis.



So what happens when life throws you a curveball and suddenly you have a big project to complete for your boss, or you find yourself traveling, or personal situations get in the way? Oftentimes, exercise is moved to the bottom of the "To Do." The only problem is, most times you don't get to it.

The benefits of keeping a routine because exercise is vital for good health and stress control. When your days and time are tight, you must find the time and energy to exercise, no matter what time of day. It may be impossible to make it to the gym or to a class, but there are many other ways to sneak workouts into your day. Consider these workout plans next time you find yourself having hectic days.

1. Add mini workouts to your day by parking farther away, skipping the elevator and taking the stairs, getting off the bus or train a stop earlier.
2. Break up your day to a few minutes here and there and do a mini routine of at least 5 reps of squats, lunges, curls [with or without dumbbells], squats/curls and other exercises that work the legs, abdominals, arms, etc.
3. Stretch while watching TV; do push-ups and sit-ups during the commercials.
4. Cut your workout in half. These shorter workouts can produce results.
5. Wake up 30 to 60 minutes earlier and workout. Your body will adjust to the earlier wake-up call.
6. When you come home from work, head straight for your closet and change your clothes, grab your gear and head to the gym. **Don't sit down.**
7. Keep a pair of gym shoes at your desk. Walk the first half-hour of your lunch break and eat the last half-hour.
8. If you are a stay-at-home mom, squeeze in at least 15 minutes while the little one goes down for a nap. Repeat this several times a day. Before you know it, you will have exercised 30 minutes or more.
9. Do interval training where you combine cardio and strength exercises.
10. Increase the intensity of your workouts.
11. Vary your workout plan to include toning exercises, abdominal exercises, weight training and cardio.

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