



Workplace Fitness: Exercise for busy people

Do you fall into the category of “a busy person?” Who doesn’t these days? One of my favorite motivational quotes is “Somebody busier than you is out running right now.”

That’s totally true, and what it really means is that if you want to make time to exercise and be healthy you totally can – you have to just make it happen. No excuses. It’s easier said than done, however, so having a good plan of attack is key.

What time of day are you going to workout? Statistically most people work out in the morning (about 44%) and next up is a tie between “anytime you can” and evenings (28% each). Afternoons came in last at only 10%. Any time during the day that works for you is fine and there is no right or wrong. What’s important is that you try to stick to your plan as much as possible – leaving it to chance that you’ll magically find time during the day is not a good idea.

So you’ve chosen a time to exercise everyday that is going to work the best for you, the next step is to set yourself up for success. Try these tips:

Shrink to Fit. If needed (i.e. you’re totally cramped for time) cut your workout in half instead of skipping it altogether.

You can still get great benefits, and you’ll be less likely to get completely off track. Do a 15 or 20 minute session instead of your regular longer workout.

Start the Day Early. It might be really hard to get up early, but by setting your alarm just 30 minutes earlier than your normal time you can get some exercise in right at the start of the day and not have to worry about it all at once you get busy later on. And your body will eventually adjust to the earlier start!

Divide (and Conquer) Your Lunch Hour. By dividing your lunch hour in half and working out before you eat you can both get your exercise in and curb your appetite so you eat less.

Workout During Nap Time. If you have small kids at home squeeze in a 10 or 15 minute workout session when the little ones lay down for a nap.

Create Combinations. Double up some strength training with cardio (for example 10 minutes of strength followed by 20 minutes of cardio) and do it 4-5 days a week.

The moral of the story? Do what you can when you can, and simply refuse to be derailed. 

