

Fitting in Fitness

Are your days a blur of work, household chores, errands, and time with family and friends? Setting aside time for sleep—let alone exercise—can be tough. Yet even the busiest people can find time for fitness. The key is to make it convenient.

Make the most of your time at home

Time spent at home doesn't have to be "couch potato" time. To fit more physical activity into your home life:



- **Wake up early.** Get up 30 minutes earlier than you normally do and use the extra time to walk on your treadmill or take a brisk walk around the neighborhood. Some research suggests that people who exercise in the morning are more likely than others to stick with it. If you're too stiff in the morning, however wait to exercise until later in the day.



- **Make household chores count.** Mop the floor, scrub the bathtub or do other housework at a pace fast enough to get your heart pumping. Outdoor work counts, too. Mowing the lawn with a push mower is a great way to burn calories. Raking and hoeing strengthen your arms and back, and digging works your arms and legs.



- **Be active while watching TV.** Use hand weights, ride a stationary bike or do a stretching routine during your favorite shows. Get off the couch to change the channel or adjust the volume.
- **Involve the whole family.** Take group walks before and after dinner. Play catch. Ride your bikes. It's best to build up to about 30 minutes of continuous activity, but you can exercise in shorter bursts, too.
- **Get your dog into the act.** Take daily walks with Fido or Fluffy. If you don't have a dog, borrow one. An enthusiastic dog may give you the motivation you need to lace up your walking shoes.

Make it an escape

Sometimes being at home can be a distraction. If you prefer to get your exercise away from home, you might:



- **Get social.** You may do better with the encouragement of others. Try a dance club, hiking group or golf league.
- **Join a team.** Sign up for softball, soccer or volleyball team through your company or through your local parks and recreation department. Making a commitment to a team is a great motivator.
- **Join a fitness club.** Sign up for a group exercise class at a nearby fitness club. The cost may be an incentive to stick with it.
- **Plan active outings.** Make a date with a friend to hike in a local park, or take a family trip to the zoo.
- **Be active while running errands.** Park further away from the entrance to a store. Walk a lap or two around the store.

