

Seven Ways to Find Time To Exercise

Sitting all day is injurious to your health. Fight the potato paunch with these ideas.

I can remember my late father trying (rather unsuccessfully) to wake me up from my peaceful slumber, but it was often an effort in futility. I did not understand how vital it was to wake up and start my day. What is worse is that I was usually attempting to avoid attending either school or church. Unfortunately, the positive outcomes that could be gained from waking up to attend either institution, did not matter to me, because I was much more interested in relaxing and sleeping.

When it comes to our health and fitness, our society also needs to wake-up. We have failed to sense the urgency regarding our health. The sedentary, "couch potato" lifestyle that far too many Americans have chosen to adopt has caused some major health problems.

Consider these facts:

- Nearly two-thirds of U.S. adults are overweight or obese (more than 60% of women and 70% of men or 133 million adults.)
- "Physical inactivity and poor nutrition are leading contributors to chronic disease and premature death throughout the United States and abroad."

Our inactive lifestyles are killing us. Yet, according to the Centers for Disease Control, (CDC) "[t]he percentage of adults over the age of 18 who met the Physical Activity Guidelines for both aerobic and muscle-strengthening physical activity is only 20.6%" When you consider the health implications involved, it is quite frightening indeed.

So, what can you do to make sure that you are taking control of your health and fitness? I thought you would never ask. You have to make the time to exercise. A lack of time is one of the biggest excuses people make about their reason for being out of shape. Although we have numerous demands on our limited time, no matter what we do, we cannot stop it, slow it down, or speed it up. It must be properly managed to be effective. It only takes 30-45 minutes and four days to follow an exercise program that will allow you to lose fat, be healthier, and live longer.

Here are seven ways to find the time to exercise.

Wake Up Earlier

This can be a very easy way to find time to exercise. Use the extra time to go for a walk, perform your strength training exercise, and eat a healthy breakfast.

Use Your Evening Free Time

If you are not an early bird, consider joining a 24-hour gym, or simply invest in home exercise equipment and a DVD or phone app that allows you to exercise while watching TV.

Always Be Prepared To Exercise

Even if you have no plans to exercise, you never know when you may get a sudden wave of motivation. So pack a bag that includes workout clothes, a jump rope, resistance bands, and a water bottle. By being proactive, you can always be prepared for the unexpected.

Change The Way You Conduct Business

Divide large tasks into a series of small tasks. By making small, manageable tasks, you will eventually accomplish the large task. Try walking meetings. There is no reason why one-to-one meetings with clients and colleagues cannot

take place outside your nice air-conditioned building, or walking around the local park. The whole feel of a conversation that takes place while you are walking is totally different from one that takes place within the confines of four walls.

Exercise as a Family

Exercise with your child by playing an active sport with them. If you live close enough to their school, walk with them to school rather than going by car or on the bus. This will help you to be active, develop an early pattern of physical activity that may stay with them into adulthood, and help form a bond between you and your child.

Exercise During Your Break Time

Take five to 10 minutes to perform quick workouts that will increase your activity level. Use a phone app to help you find quick but effective workouts.

Learn To Say No

You will be amazed at the amount of time you have once you begin to use the word no. Learn to say no to those who ask you to do things that aren't your responsibility, do not even need doing, and take up your valuable time. Do not commit yourself to unimportant activities, no matter how far ahead they are. Even if a commitment is a year ahead, it is still a commitment. Protect your free time so that you can use it for physical activity. Your time is indeed valuable, and making your health a major priority in your life is easily one of the best decisions that you'll ever make.