



Fitting in Fitness

Fitting in fitness can be tough. The key is making it work within your lifestyle. Consider these practical suggestions.

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.

Make 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.

Take fitness breaks. Rather than hanging out in the lounge with coffee or a snack, take a short walk.

Start a lunchtime walking group. The regular routine and the support of your co-workers may help you stick with the program.

Put it on the calendar. Schedule physical activity as you would any other appointment during the day. Don't change your exercise plans for every interruption that comes along.