

“I want to exercise, but don’t have the time. Is there anything I can do?”

Many of the activities you already do count as exercise.



Add in some simple movements to get your heart pumping for just a few minutes at a time and, before you know it, you’re well on your way to achieving your daily exercise goal!

Think of doing 10-minute increments, two to three times a day, plus little extras.

At home:

- Go for a short walk or bike ride.
- Pop in an exercise video for 10 minutes.
- Jog in place while your coffee is brewing.
- Do side and back leg lifts while washing dishes.
- Mow the lawn or rake.
- Play with your children.
- Walk the dog.
- Get on a stationary bike while reading the newspaper or a magazine.
- During commercials, walk in place or lie on the floor and do leg lifts.
- Do some curls with weights.

At work:

- Go for a walk during lunch or for a break.
- When you arrive at work, park far away from your building and walk.
- Use the stairs instead of the elevator.
- If you’re meeting with a co-worker, go for a walk instead of sitting in a conference room.
- Bring in a pedometer and shoot for 6,000 to 10,000 steps per day. You’ll be surprised how quickly those steps add up.
- Keep some weights or a stretch band at your desk and commit to using them every day!

Don’t forget to stretch

Stretching is a simple and effective activity that has many benefits. It’s a very important part of your overall fitness. You can stretch anytime. Try stretching for a few minutes while sitting at your desk, waiting at a red light, just before going to bed and especially after exercise. Stretching can:

- Increase your range of motion and decrease fatigue
- Enhance your athletic performance and muscle power
- Improve muscle recovery, decrease the chance of soft tissue injury and minimize soreness

You can do it—10 minutes at a time. The important thing is to get your body moving as much as you can!

