

8 Time Saving Tips to Get Fit and Trim

Today, most people recognize the importance of regular exercise. Twenty minutes of cardio a day keeps the "doctor at bay"! Two days a week of weight lifting is a must. Add in two days of core conditioning, pilates, mindful breathing, and stretching to round things out.

Surprisingly however, with the increasing awareness on the benefits of exercise, more and more I hear the crying complaint "I don't have the time to exercise!" Interestingly, what I often notice when I sit down with a client for the first time is that there is more time in your schedule than you realize. In fact, like extra change that falls to the bottom of a purse, small "pockets" of time can add up to valuable "chunks" of time if used properly. There are 8 great strategies you can use to stay in shape when managing a busy schedule.

1. First thing in the morning when getting out of bed, gently stretch and then walk in place for 10 minutes.
2. While cleaning the house or working in the yard - set the timer or wear a pedometer to calculate the number of calories and steps.
3. Go outside for a brisk 10-minute walk three times during an 8 or 9-hour workday. Thirty minutes of exercise can be very effective even if it's in separate segments throughout the day.
4. Run the vacuum for 20 or 30 minutes after or before work. Vacuuming can burn 200-500 calories, particularly if you do the stairs.
5. Clean out that old closet or garage. It may take you an hour and with all the bending and reaching, you will work your arms, glutes and back.
6. Get in a quick strength training workout between work meetings: do 10 pushups against the wall, use your desk triceps dips and finish up with some Ab work (10 double knee lifts while seated).
7. Take a power stretch break. Use the Wristwand™ for thirty seconds to eliminate stiffness in the shoulder, arms and back.
8. Do a power workout in 20 minutes. Ten minutes on the Lifecycle, 2-30 second wall sits (doing bi-ceps curls and shoulder presses) and finish with 10 minutes on the treadmill. Enlist the help of a personal trainer if you need extra help.

So as you can see getting in a workout can be easy when you use your time effectively.