



Fitness when life feels frenzied

Whether you travel for work, have a busy schedule with your family, or have frequent disruptions to your daily routine, life can feel frenzied. During these times, you may be tempted to move exercise to the bottom of the to-do list because there is so much else to do. But try to resist that urge. Exercise improves your overall quality of life, releases tension, boosts your energy levels, and helps you sleep better.

The good news is, even during hectic times, you can fit fitness into your daily schedule without finding an hour to go the gym or run for five miles. Consider giving some of these tips a try to work fitness into your life:

- **Travel and commute in your athletic shoes.** If you're travelling for business, take laps in the airport. If you commute to work, get off the subway or train a couple of blocks short of your destination and walk the rest of the way. Or if you drive, park your car farther away from the door in the parking lot at work or the store.
- **Put fitness clothes or your swimsuit on your packing list.** When you're travelling for business, use your hotel gym equipment, swim laps in the pool, or ask about local hiking trails to explore if time permits. Even a walk around the building or a stroll in a pedestrian-friendly local neighbourhood can help keep you on track.
- **Get out of the car to stretch and walk.** Research roadside parks or scenic lookouts along your route if you're going to be driving for a long time.
- **Use your own body weight.** Whether you are at home or away, do jumping jacks, squats or push-ups. Find an exercise video to follow on your laptop or smartphone.
- **Use the stairs instead of the elevator** when at the airport, subway station, office or mall.
- **Exercise while watching TV.** Use dumbbells, do crunches or jump rope while you're catching up on your favorite shows.
- **Go for a stroll while watching your kids.** If your kids are enrolled in sports or other activities, consider asking another parent to join you as you walk and watch them participate.

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- **Take a walking break.** If you're at work, use part of your lunch break to get up from your desk. You can also have a walking meeting with colleagues. At home, try taking a walk around the block or to the end of the road and back after putting the laundry in the dryer or dinner in the oven. Your spouse, children or neighbour may enjoy going along, too.
- **Set your alarm 30 minutes earlier.** Use this time to exercise before the day gets busy. You can even wear your workout clothes to bed to save time.
- **If you have young kids, purchase a jogging stroller or a bike trailer.** It's cheaper than the gym in the long run and there is no need for a babysitter. Your kids will enjoy the workout as much as you will.

Making fitness flexible and varied can help keep it fun. Stay away from the "all or nothing" approach. Any time dedicated to exercise is better than none. Your body and mind will thank you.

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Quick tips for starting and sticking with an exercise program

The World Health Organization recommends that adults aged 18–64 should get at least 150 minutes of moderate-intensity aerobic physical activity throughout the week, with muscle-strengthening activities on two of those days. Exercise is crucial for good health; it plays a major role in maintaining a healthy weight, lowering the risk of heart disease and other medical problems and providing energy.

Talk to your doctor about starting an exercise program, especially if you don't currently exercise regularly or if you have any medical conditions such as diabetes, high blood pressure, heart disease, obesity, or a family history of heart attack or high blood pressure.

Start small. Research shows that exercising for 10 minutes three times a day provides many of the same health benefits as exercising for 30 minutes straight. Think of quick and easy ways to fit exercise into your life. You might try:

- Taking a walk during your lunch break
- Parking a few minutes' walk away from your destination
- Taking the stairs instead of the elevator whenever you can
- Building physical activity into the time that you spend with your family
- Doing exercises while you're watching TV or talking on the phone

Look into structured exercise activities, such as a class at a gym or in your local community. If you prefer to exercise at home, you could follow a workout routine on YouTube. These things will help you gain confidence, feel motivated and learn new techniques with the help of an instructor.

Realize that making exercise a regular part of your life takes time. It may take you several weeks or months to get in the habit of exercising and to get fit.

Plan ahead for exercise. Block off time in your daily schedule for exercise. Try not to exercise too close to bedtime so that it doesn't keep you awake.

Find other people to exercise with you. Take a bike ride with your child or make a date to walk or jog with a friend or your partner. Exercising with a buddy increases your chances of attaining your fitness goals because they will encourage you to get up and go. Also you might have fun competing together, you will have safety in numbers, and they may introduce you to new ways of getting fit.

Do a variety of activities so you don't get bored. Trying new activities on a regular basis will keep you interested and make it less likely that you'll give up.

Set exercise goals and reward yourself when you reach them. For example, if you manage to exercise three times a week for a month, treat yourself (but not with food!) to something special. You can use the SMART method to focus yourself. SMART stands for Specific, Measurable, Attainable, Realistic, Time-limited. This method helps to focus and plan for success.

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