

# Fit & Lean in 2014

## 4.7: Fitness Tips for Busy Lives

1. **Turn your commute into a workout.** When the weather is warm, consider walking or cycling to work. Too far for that to be feasible? Try parking the car a few blocks from your office and taking the stairs instead of the elevator.
2. **Set your alarm early.** We're not encouraging you to skip out on sleep in favour of sweat (we've talked about the importance of sleep when it comes to your health & weight) but becoming a morning exerciser means you get to cross your workout off your list right away. As an added bonus, you'll be wide awake and full of energy for your work day!
3. **Sneak in a lunchtime workout.** Make use of your precious 60 minutes by hitting the gym or going for a walk. This can help you squeeze more activity into your day and will help you be more productive throughout the remainder of the day with the added energy boost!
4. **Work out at work.** Even if you are working long hours, you can squeeze in some exercise at work. Feeling low on energy or stressed out at your desk? It's a great time to go up and down a few flights of stairs. Try keeping some resistance tubing in one of your desk drawers and you can get in a few sets of strength training moves without even leaving your desk!
5. **Make it a date!** Our busy lives can keep us from staying connected to our partners. Instead of going out to a high-calorie meal, why not make a date to be active together? Go for a hike or sign up for a couples dance class. Even spending one hour a week together in the gym is a great way to spend time together and get fit at the same time! If you're single, instead of meeting for drinks after work, make a date with a friend to go for a run or join an intra-mural sports league with a group of friends. Make exercise fun!
6. While the goal should be to get 30 minutes of aerobic activity in every day, we can understand how this might seem overwhelming. Don't look at the ultimate goal – break it into **smaller, more manageable chunks**. Maybe you don't have 30 minutes to squeeze in a workout but the odds are, you can come up with 10 minutes three times a day. Try doing 10 minutes when you first wake up, squeeze in another 10 minutes on your lunch break and then another 10 minutes while you are watching tv or waiting for dinner to cook. If you can find 10 minutes – use it!

