

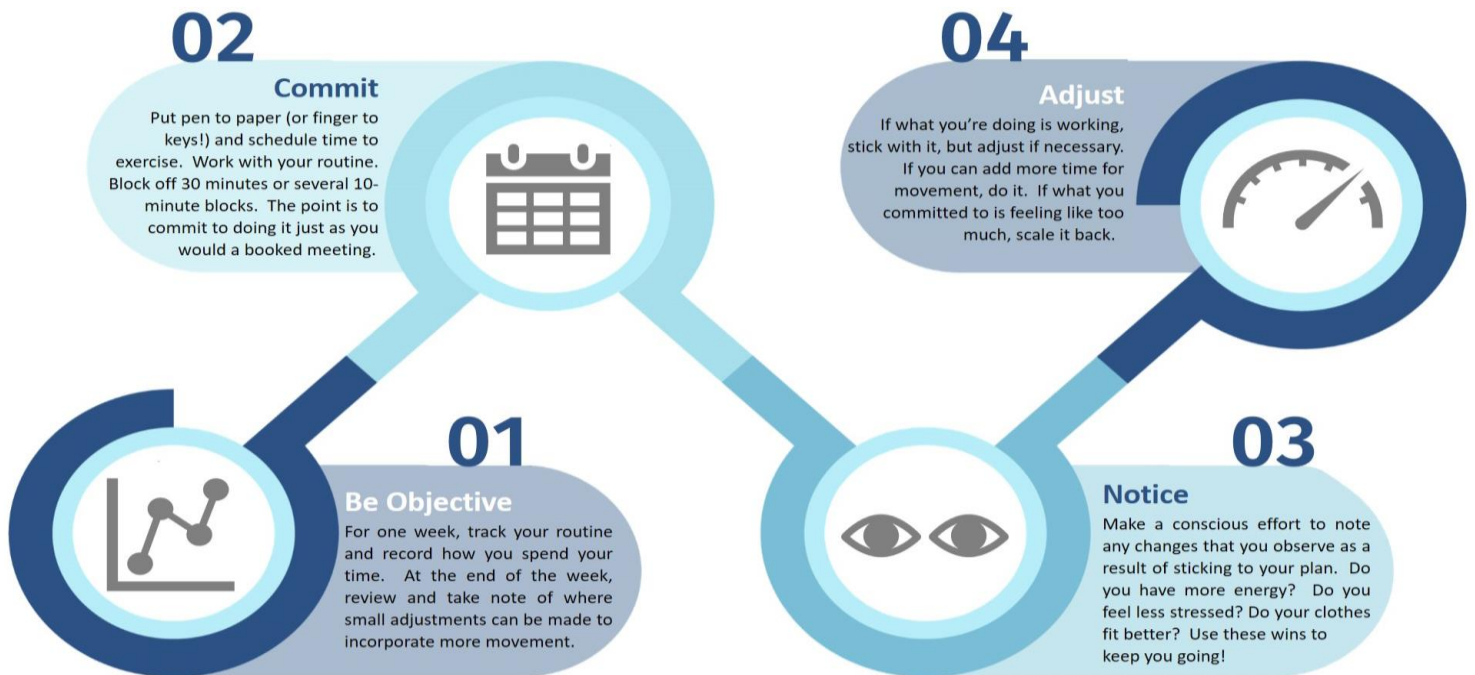
MINDFUL MOVEMENT

MAXIMIZE YOUR MINUTES

Exercise... You DO have the time!

Do you scroll through your social media feed numerous times a day? Do you tend to say “yes” to virtually every request friends and family make? Can you spend ages surfing Netflix or Pinterest? It’s time to let go of the “No Time” excuse to exercise. Fitting in fitness is simply about making exercise a priority.

Try This!



Get Stacking!

Habit stacking is a strategy that focuses on introducing small changes by building onto your existing routine. Rather than try to schedule a new habit into your day, pair with something you already do.

Seeing physical activity as part of the things that you already do can help reduce the likelihood that you’ll find an excuse not to do it. Like most things, the more you do it, the more natural it will feel!

Here are a few examples of habit stacking:

- Before I get dressed for the day, I will do 25 lunges.
- After I pour my cup of coffee each morning, I will meditate for 1 minute.
- When I change out of my work clothes, I will immediately put on my workout gear.



Fitting in Fitness

Try...

- 2 sun salutations
- 10-minute workout
- Sitting on an exercise ball
- A walking coffee date
- Dancing in the kitchen
- Holding a wall-sit
- Playing tag with the kids
- Walking around the mall

Instead of...

- Scrolling through your social media feed
- Watching a second episode on Netflix
- Lounging on the couch during a movie
- Sitting in the coffee shop
- Idly waiting for the microwave to beep
- Leaning on the counter while brushing your teeth
- Watching another Disney movie
- Online shopping

Something is Always Better than Nothing

Walking around the block is better than heading to the couch after dinner. Climbing a few flights of stairs is better than flipping through your phone while standing in the elevator. Lapping the parking lot before getting groceries is better than snagging the closest parking spot. Opportunities to move are everywhere!

Choose Movements that Offer Maximum Benefit

Our busy lifestyles often don't leave us with many extra minutes. When demands leave you short on time, maximize the time you have on exercises that will deliver the most benefit. A few rounds of Tabata or a 4-minute microburst pack a workout punch compared to a leisurely walk.

Hectic is NOT Aerobic

Some days you feel like you've been moving non-stop. Even though you feel like you've run a marathon, how much of that time was spent exercising? It's still important to get your heart rate up and move through a full range of motion to strengthen your muscles.



Do 5, Then Decide.

Most things are bearable for at least 5 minutes, right? Keep that in mind when starting a workout that you're not excited about and has you longing for the couch. Start your workout and give yourself permission to give in to the couch if it's still overwhelmingly more appealing after 5 minutes. You'll find that most of the time, that won't be the case. You'll be 5 minutes into your workout and motivated to get it done!



Sources <https://www.developgoodhabits.com/building-habit-stacking-routine/>
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