

Simple Exercise for a Busy Schedule

Busy schedules at work and home can make it difficult to find time to exercise daily. Here are some simple tips to incorporate exercise into your everyday schedule.

- Communicate and deliver documents or messages in person rather than by e-mail.
- Fill up some water bottles and lift them every so often.
- Keep track of how much you walk with a pedometer. Aim for 6,000 to 10,000 steps a day.
- Incorporate several five to ten-minute sessions of exercise a day to improve your health.
- March in place while on the phone. Use a headset or a speaker phone.
- Park farther away and walk. Or, drive part way and walk the rest.
- Ride an elevator part of the way and finish by taking the stairs. Add more floors as you get stronger.
- Set an alarm to remind you to move around.
- Sit on an exercise ball instead of a chair. This strengthens your abs and back and improves your posture.
- Stand while working or talking on the phone.
- Store some exercise bands nearby and use them every so often.
- Use the restroom on another floor and take the stairs.
- Walk at lunch and during your breaks.
- While watching TV, do sit-ups or push-ups during commercial breaks.