

# Tips for Fitting in Fitness

It can be challenging to find time to reach your fitness goal but with a bit of brainstorming, you can find ways that work for you.

## **To fit in fitness anytime:**

- Break your 150 minutes into 10-minute chunks.
- Schedule it. Put it on your calendar, and make it a priority.
- Tweak your schedule. For instance, get up 30 minutes sooner so you can walk before work. Or eat dinner 30 minutes earlier so you can walk after dinner.
- Use a fitness app or tracker. These help you make the most of your time.

## **To fit in fitness while you get to places:**

- Get off the bus or train one stop early. Walk the rest of the way.
- Park your car farther from the place you want to go.
- Take the stairs instead of the elevator.
- Walk or ride your bike to get to places.

## **To fit in fitness while you watch TV:**

- Dance, or do side steps.
- Lift weights, or use resistance bands.
- March or jog in place.
- Pedal a stationary bike, or walk on a treadmill.

## **To fit in fitness while you get things done:**

- Ask family and friends to pitch in so you have more time to be active.
- Mow your own lawn and use a push mower.
- Move briskly while you:
  - Rake your lawn, weed your garden, or shovel snow.
  - Shop.
  - Sweep or mop your floor, carry laundry, or vacuum.
  - Walk your dog.
  - Wash your car.



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## **To fit in fitness while you socialize:**

- Go out dancing with your friend or partner.
- Join a walking/running club, golf league, soccer club, or softball team.
- Play soccer, tag, or kickball with your kids or friends.
- Take your small children with you by pushing them in a stroller.
- Take a fitness class. It can be a great way to make new friends.
- Talk on the phone with a friend while you march in place, walk, climb stairs, or pedal a stationary bike.
- Walk/run with a family member or friend.

## **To fit in fitness at work (if you have a desk job):**

- Ask your co-workers to hold walking meetings.
- Join a nearby gym. Go there before work, after leaving the office, or during your lunch break.
- Sit on a fitness ball instead of a chair.
- Take a brisk walk during your coffee or lunch break.
- Take part in a fitness program at work.
- Walk to talk to your coworkers in person, instead of emailing them.
- Use a printer, breakroom, or bathroom on the other side of the building.
- Walk around or march in place while you talk on the phone.

**Your fitness goal is to get at least 150 minutes of activity each week, at a moderate pace or more. How will you make time to reach that goal?**